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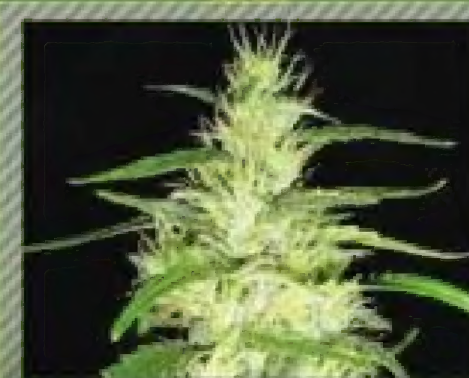
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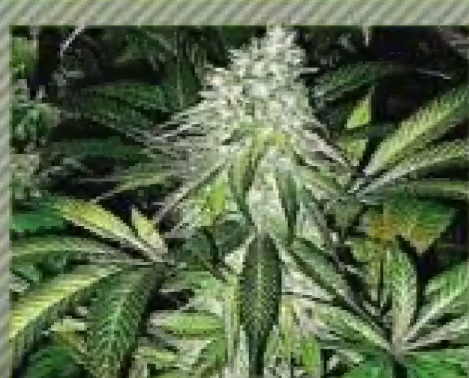
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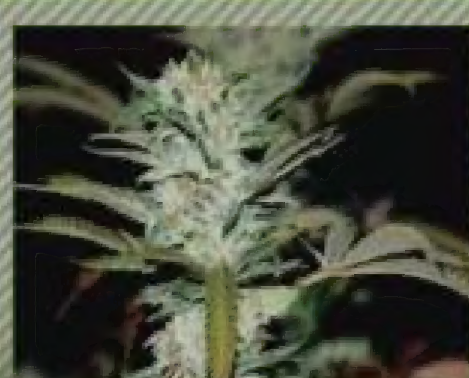
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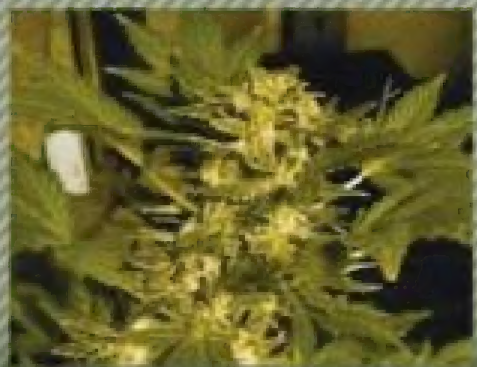


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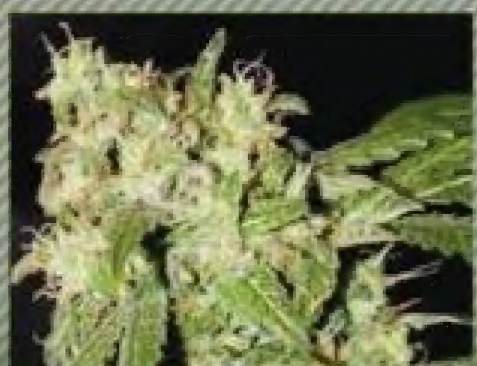
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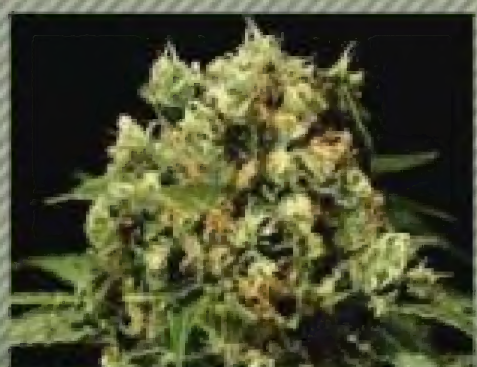
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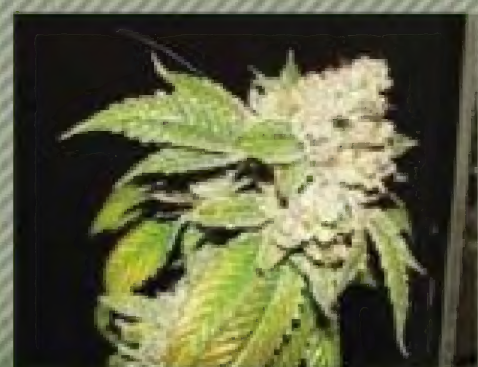
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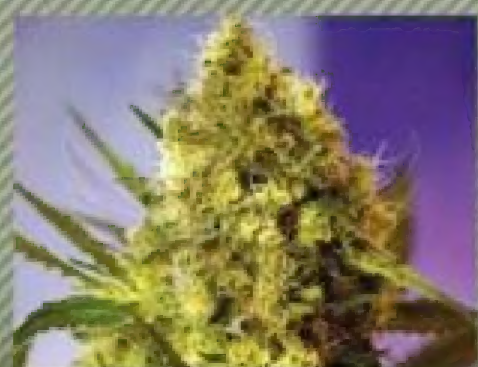
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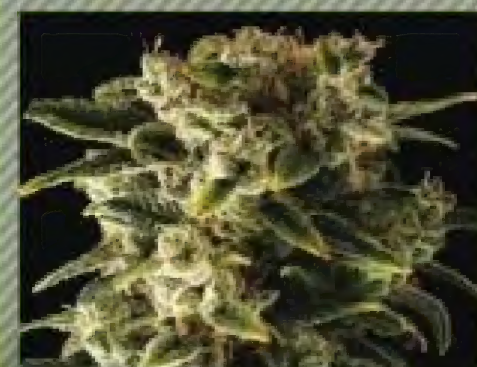
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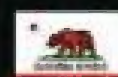
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FIELD TRIP

A year after transplanting myself from New York City and setting down roots in Central California as HIGH TIMES' West Coast editor, I find myself living in close proximity to one of the all-time legendary locations in psychedelic history. La Honda, CA, just an hour up the coast from my abode, is the place where novelist Ken Kesey and his band of Merry Pranksters put down their own roots—at least when they weren't out hiring the Grateful Dead to perform at their Acid Tests or driving a psychedelic bus cross-country to say high to Timothy Leary.

To give you some idea of the vibe, no less an authority than Hunter S. Thompson once called Kesey's spread among the redwoods "the world capital of madness."

In this special psychedelics issue, another legend of counterculture journalism, Paul Krassner, will take you on a (forgive me) trip back in time to those acid-soaked days and also preview a new documentary film about the wild and crazy Merry Pranksters. Plus there's info on how to grow your own "magic mushrooms," as well as a list of the top sacred spots for those who choose to explore these powerful compounds. And that's not all, because we also wanted to find out what's the big news in psychedelics right now—and where this long, strange trip might be headed.

So before setting out to write "The Future of Psychedelics," I sat down with two of the biggest names in the field: Rick Doblin, head of the Multidisciplinary Association for Psychedelic Studies, and Sasha Shulgin, the brilliant chemist who "rediscovered" MDMA and wholly invented hundreds of other psychedelic drugs in his home lab. Warning: What I learned may well blow your mind!

The rest of this issue is potentially mind-blowing as well, including a timely look at proper cannabis-harvesting techniques, Danny Danko's answers to your cultivation questions, THMQ's pot prices from around the country, and a profile of one of California's leading medical-marijuana providers.

Far out!

Highest regards,

David Bienenstock
West Coast Editor
bean@hightimes.com

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FEATURES

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BY DAN SKYE

One of the biggest indoor grow ops we've ever seen is producing some of the finest medicine in the state of California. Stacy Hochanadel of Palm Springs oversees this epic garden, but his story is an epic in itself.

46 21 GROWROOM TIPS AND TRICKS FROM THE PROS

HIGH TIMES asked the best of the best in beautiful bud production for the secrets to their gardening success. Twenty-one different cannabis-industry professionals reveal their key to bigger and better yields.

56 THE FUTURE OF PSYCHEDELICS

BY DAVID BIENENSTOCK

Predicting the future of psychedelics requires an elusive kind of crystal ball, which means that even longtime trailblazers like Rick Doblin and Sasha Shulgin still have no idea where the path leads. Then again, whoever said getting there is half the fun only had it half right.

64 WHEN TO HARVEST MARIJUANA

BY MEL FRANK

The pioneering guru returns! Mel Frank, author of the legendary *Marijuana Grower's Guide*, is back with this exclusive for HIGH TIMES on harvesting tips and tricks. Covering everything from buds, leaves and stems to weeding out the males, this is a complete guide to harvesting every part of your cannabis plant—including a breakdown of the various cannabinoids, from THC to CBD, how they develop, the roles they play, and when they're at peak ripeness for harvesting.

80 GOLDEN GATE GREEN

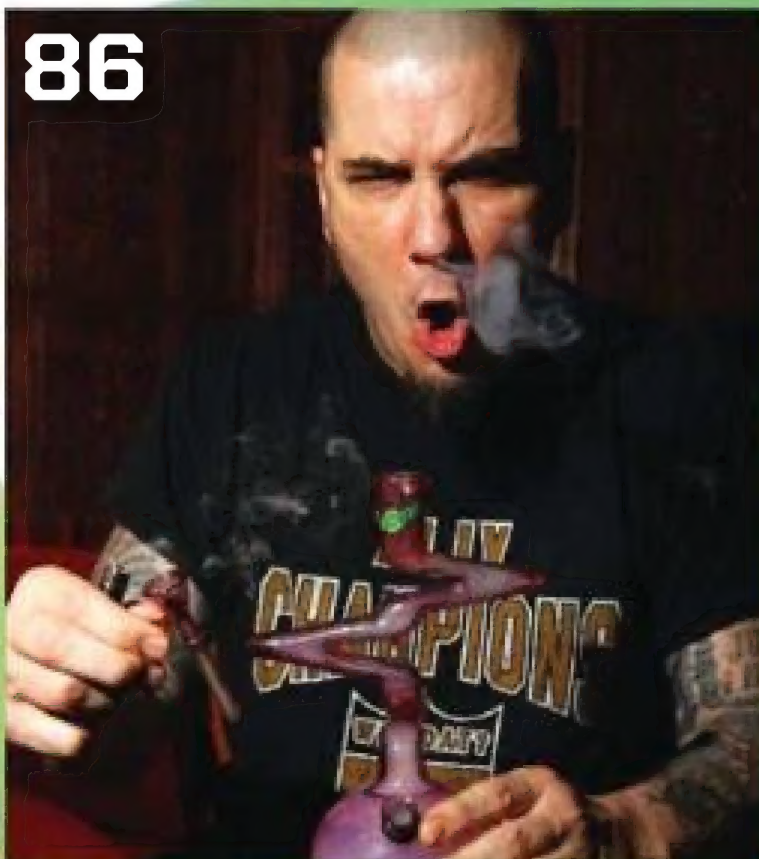
In June, we returned to the City by the Bay for our second annual edition of the HIGH TIMES Medical Cannabis Cup. We left our hearts in San Francisco, but we certainly didn't leave any weed!

86 BY DEMONS BE DRIVEN

THE HIGH TIMES INTERVIEW WITH PHIL ANSELMO
BY BOBBY BLACK

In this exclusive, no-holds-barred interview, iconic metal vocalist Phil Anselmo (Pantera/Down/Superjoint Ritual) opens up to HIGH TIMES about his love of weed, his struggles with addiction, and his feelings about the loss of former bandmate Dimebag Darrell.

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DEPARTMENTS

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EDITED BY DAN SKYE

Philly saves; Cocaine peril; Pot to the rescue; Pinochet's pot; Elders love weed; Mango magic; Canadian update; Video virtuosos; Apple pipes; Coffee & weed; Showbuzz; Arizona news; Strange bedfellows in Colorado; False alarms; Ken Kesey remembered; THMQ; *The Rum Diary*; Flying Lotus; Eyehategod; Reviews; Adventures in the Counter-culture; Band of the Month; Miss HIGH TIMES; Almost Infamous.

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EDITED BY THE HIGH TIMES CULTIVATION DEPARTMENT

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NOAM WHAT I'M READIN'?

Thanks for T.A. Sedlak's interview with Noam Chomsky. It was the most intelligent and socially relevant thing I've read in your magazine since our household subscribed last year. I feel it's important for HIGH TIMES readers to understand how the Drug War relates to the rest of US policy, and it was good to see Ron Paul and his libertarian cohorts exposed. I'll be looking forward to more features by Sedlak in the future.

Steven P.
San Francisco, CA

MY MAINE LADY

Killer September issue! I'm from Maine, so I was really excited to see the piece on page 16 about the bill to legalize it here. I doubt that it will happen, but I'm pretty stoked just by the idea that it's been proposed. The Rev. Erick T. Gatcomb's piece is spot-on because the revenue generated by pot sales would help a lot of people here—especially in the winter when the snow is blowing and countless folks can't afford heating oil.

It's not getting as much publicity as I'd like, so please have Rev. Gatcomb keep us up to date on the progress of the bill.

Stephanie S.

I just read your September issue and was excited to see the article entitled "Moving Forward in Maine."

My husband and I left the quiet Maine life a few years back. Maine was always a relatively liberal state when we resided there (interesting that they recently elected a Republican governor), but never in my wildest dreams did I imagine that marijuana legalization would even be discussed, let alone with the bipartisan support that Rev. Gatcomb emphasized in his article. It's simply terrific, and I hope that it passes.

As the pastor mentioned, the revenue generated would be great for the state's citizens. Though we led a healthy lifestyle, many of our friends lived paycheck to paycheck and were unable to afford their medications or heat their homes in the winter. Imagine if the lawmakers would stop playing political games and do something that helps all of Maine's citizens (as I'm sure legalization would do). Please keep us informed on what happens next. A feature article on the bill and its progress would make many of us Maine-iacs happy.

Stay green!

Patty A.
Pittsburgh

BACK TO THE CLINIC

In the September 2011 issue of HT, there's no medical page! Am I correct, or am I lost—or have you done away with it? As a person with a disability, I always enjoy the new info on medical marijuana. I know you have a new mag devoted to the subject, but I already subscribe to HT.

J.S.



We change up Cannabis Clinic with our GroWorld feature every few months. But never fear—Cannabis Clinic is still here. And thanks for reading!

APPS TO REMEMBER

You guys should develop an iPhone app that's like your website—you can even have a "cannabible" on it that's actually good. All the other marijuana apps I've seen suck!! I think the HIGH TIMES name can

definitely produce a really cool app for its followers. Just a suggestion (as well as a way for you to make money).

Peace!

Luis

HIGH TIMES has an app! It's called CANNEX, and it can help you check out all the dispensaries in your area without ever leaving the house. You can find it at the iTunes store or at hightimes.com/app.

'SHROOMIN FOR SANITY

I feel 'shrooms are perfectly safe when used responsibly. I once ate 'shrooms for three days in the traditional Mexican manner while otherwise fasting, and quit only when I started to get a toxic feeling in my spine, which I'm glad I knew from cannabis.

M.N.

We agree, M.N.—mushrooms can be safe when used responsibly. Read more about 'shrooms and mushroom cultivation on page 116 of our GroWorld section.

SAN FRAN MEDICAL CUP SUCCESS!

I just wanted to thank everyone who worked so hard to make the Second Annual HIGH TIMES Medical Cannabis Cup a rousing success! No one was turned away at the door, there was plenty of space, and it was blissfully wheelchair-accessible. A big thanks and shout-out to the folks working the HT table and the helpful staff. They were all terrific. It was a great show—and you pulled it off with such panache!

Debi D.

ERRATA

We incorrectly stated in the October 2011 S.T.A.S.H. Awards article that the Philips Son-T PIA GreenPower Electronic/Digital Bulb will work on any standard 240-volt electronic/digital ballast. However, these bulbs can only be used in conjunction with Gavita Pro 600 ballasts and fixtures. These ballasts use Philips tuned electronics and provide the high output voltage and high frequency required to work properly. Using any other ballast may be hazardous to the life of your equipment. We regret the error and apologize for any inconvenience.

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HIGH TIMES MED CUP in Michigan

The medical marijuana miracle is flourishing across America. In states that have been courageous enough to enact laws to protect patient use, new businesses are opening their doors and local economies are benefiting. California and Colorado have already witnessed the impact of medical pot. But in Michigan, whose manufacturing base has been decimated and whose residents have felt the impact of "hard times" for two decades, a new industry like medical marijuana is synonymous with survival.

We have proudly brought the HIGH TIMES Medical Cannabis Cup to Denver and San Francisco. Now it's Detroit, Michigan's turn to celebrate its thriving cannabis economy. In October, we'll be hosting the world's premier medical-marijuana competition once more, featuring a two-day expo with access for qualified patients to a special medicating area. Guests will attend seminars with leaders of the medical-marijuana movement, including doctors, patients, researchers, growers, dispensary owners, activists and HIGH TIMES' own cultivation editors. Plus, there'll be a Saturday-night VIP party featuring amazing musical performances and special guests! And, of course, we'll bestow HIGH TIMES Medical Cannabis Cups for Michigan's top *indicas*, *sativas*, hybrids, concentrates and edibles entered by Michigan's dispensaries and collectives.

Come to Detroit on October 15-16!
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LISTEN TO YOUR ELDERS!

The next time you spend the holidays with Grandma and Grandpa, you might not have to sneak around to catch a buzz. Hell, you may even be permitted to blaze up smack-dab in the middle of their living room filled with pictures of you as a geeky preteen! That's because a new poll released by *Grand Magazine*, an online publication devoted to the joys and challenges of grandparenting, reveals that a staggering 85 percent of grandparents surveyed support the decriminalization of marijuana for recreational purposes. One polled grandparent's comment went even further: "Not only should pot be legal, we should encourage marijuana use over alcohol as a recreational substance."

A SILVER LINING

Don't fret over the recent ruling by the Feds that pot has no medical value. Nine years ago advocates asked Uncle Sam to reclassify pot. (It's currently Schedule One, the same classification as heroin.) However, it wasn't until this past summer that the DEA denied the request, stating that pot has a high potential for abuse, no currently accepted medical use in treatment in the US and lacks accepted safety for use under medical supervision.

But it ain't over 'til it's over; now the ruling can be appealed. Joel Elford, chief counsel for Americans for Safe Access and lead counsel for this case, is pleased that marijuana will finally have its day in federal court. "We have foiled the government's strategy of delay, and we can now go head-to-head on the merits: that marijuana really does have therapeutic value," he says.

BLUNT GOOD NEWS FROM PHILLY

In the midst of our ongoing economic crisis, cities are slashing budgets. But perhaps municipalities should take a lesson from Philadelphia, PA. The city has saved \$2 million by making pot busts summary offenses, rather than misdemeanors. Those charged pay \$200 for a 3-hour class about drug abuse and their records are expunged. There are no court officials of any kind.

While cops say the new policy hasn't impacted Philly's quality of life, former DA Lynne Abraham calls the policy a failure, despite the huge savings. When asked about polls that show growing support for pot legalization, she snapped: "Don't tell me about polls. I don't want to hear it. People want to drive 100 miles an hour. They want to smoke pot. They want to do everything!"



EXTRA-MAGICAL SHROOMS

Besides being magical, psychedelic psilocybin mushrooms may also have long-term medicinal and spiritual benefits, according to a new study conducted by the John Hopkins School of Medicine. Eighteen adults (average age: 46) were observed during five eight-hour “drug sessions” in which they were given either psilocybin or a placebo. Fourteen months after the study was conducted, 94 percent of the subjects who actually took psilocybin said it was one of the top five most meaningful experiences of their lives, with 39 percent ranking it as number one.

An even more objective finding was that family members, friends or colleagues reported these participants as being happier and kinder people after the experiment.

The study revealed something well known to recreational users of mushrooms—that dosage is crucial to the experience. Researchers had half of the participants start with a lower dose of psilocybin (or the placebo) and then increase their intake, while the other half initially took higher doses and worked their way down. Each participant “tripped” in a living-room-like setting at John Hopkins wearing eyeshades and listening to classical music, instructed to direct their focus “inward.” They were monitored by two “psychedelic veterans” who helped guide novices through the experiment.

The longer-term goals of the John Hopkins researchers include determining if the psychedelic psilocybin experience can be utilized to help patients better cope with terminal illness, depression or post-traumatic stress disorder (PTSD), as well as to assist in addiction recovery from drugs like alcohol and opiates.

VIDEO GAME VIRTUOSOS

Pot’s ability to increase concentration and improve hand-eye coordination has extended into the arena of video gaming. A recent article in *Culture* magazine quotes Alex Walker, tournament director of the World Cyber Games: “I’ve seen a number of players at national tournaments who came in baked purely so they could play better.”

This trend flies in the face of the 2009 declaration from the federal government’s then (interim) Drug Czar Ed Jurith, who claimed smoking pot actually decreases video game playing skill and swiftness.



HOME IMPROVEMENT

The late General/President Augusto Pinochet of Chile was infamous for cracking down on left-leaning dissidents and progressive activists. So a measure of poetic justice was served with the recent disclosure that 182 pot plants were found growing on Pinochet’s former retreat outside of Santiago. Four pounds of curing cannabis were also found. No arrests have been made.

Pinochet spent weekends at the ranch while in office, kicking back after a busy week of torture and repression. As many as 3000 people were executed for political purposes during his reign. The once idyllic estate, where Pinochet’s ashes have been stored since his 2006 death, has fallen into disrepair since, with rusting broken gates and wild animals roaming the property.



SHIFTING WINDS IN CANADA



In Canada, medical marijuana patients are facing restrictions at the hands of the federal government regarding both cultivation and public use of their medicine. Canadian Health Minister Leona Aglukkaq confirmed in June that soon only licensed cultivators would be legally permitted to grow medical pot, cutting out private caregivers and patients, as well as Health Canada (the federal health agency) from providing cannabis. Aglukkaq was non-committal as to when the rules would change, leaving cultivating patients unclear as to how to proceed.

Up until now, pot patients in Canada could grow their own, appoint a designated caregiver to cultivate or obtain it from a Saskatchewan company that grows but one strain. The government alleges the present program is tainted by criminal abuses and safety concerns, ranging from caregivers selling pot on the black market and amateur grow operations causing fire hazards.

Patients may also soon have fewer places to smoke. No clearly defined rules currently exist regarding public consumption,

but like the cultivation restrictions, the government says new smoking guidelines are forthcoming, yet fails to designate a specific implementation date.

On the positive side, the new regs will free patients from being sanctioned by Health Canada to legally use pot; they can receive recommendations directly from physicians. Also, doctors will be provided with clarified guidelines from the government instructing them as to the conditions that allow for a recommendation, as well as determining the amount of medicine a patient is permitted to possess and use.

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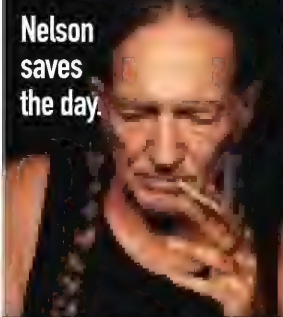
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Nelson saves the day.



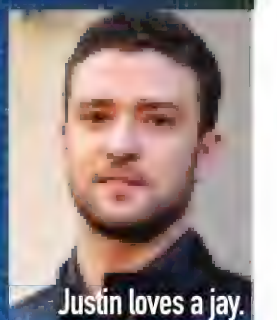
THE POWER OF WILLIE

On July 30, pot was "legalized" exclusively on the tribal grounds of the Snoqualmie tribe near Seattle, WA. No surprise that the inspiration for the resolution was Willie Nelson, who performed that day at the Snoqualmie Casino. After the resolution was passed, it was officially signed, framed and presented to Nelson at the sold-out concert as a gag gift. Still, when news of the "resolution" went public, tribal council members confirmed that the Snoqualmie tribe hadn't really legalized marijuana. Bummer.

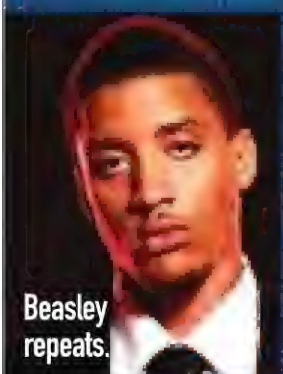
DEEP THOUGHTS

When *Playboy* magazine asked Justin Timberlake whether he smoked pot, he had no problem answering honestly. "Absolutely!" he said. "It gets me to stop thinking. Sometimes I have a brain that needs to be turned off. Some people are just better high."

Which means some people are better when they're not thinking. Om.



Justin loves a jay.



Beasley repeats.

TRAVELING VIOLATION

Michael Beasley, forward for the Minnesota Timberwolves, got clocked going 84 mph in a suburb of Minneapolis. Cops smelled pot and searched the vehicle, finding a half-ounce of pot. Beasley insisted that the stash belonged to a friend he had just dropped off. He was booked for speeding and possession and released.

Beasley's been here before. Back in 2008, during rookie orientation meetings, he toked up in his hotel room with other rookies and their girlfriends. After he tried to hide his involvement, the NBA smacked him with a 50 grand fine. Talk about flagrant fouls!

A BOWL IN ONE

PGA golfer Robert Garrigus told *Golf Digest* that, back in 2002, pot smoking during tournament rounds was relatively common. "Oh yeah, there were plenty of guys on the nationwide tour who smoked in the middle of the round," Garrigus said. "We always talked about it. You could go in the Porta John."

Garrigus on ganja.



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STALLED IN ARIZONA



The med-pot industry of Arizona remains sealed tight.

Arizona legalized medical marijuana in 1996. Unfortunately, shoddy wording in the Arizona initiative conflicted with federal law. Another law was passed in 1998, but that too failed to effectively protect patients from arrest. In November 2010, Arizona voters narrowly passed Proposition 203, which allows patients to possess up to 2.5 ounces of marijuana obtained from dispensaries every 14 days, or to cultivate up to 12 plants if they live more than 25 miles from a dispensary. It was announced that one dispensary would be permitted in each of Arizona's 126 designated "community health analysis areas." The law was to take effect in April of 2011.

In early May, Dennis Burke, the top federal prosecutor in Arizona, sent a letter to Department of Health Services Director Will Humble warning that Prop. 203 conflicted with the Controlled Substances Act. Later that month, Arizona Governor Jan Brewer had State Attorney General Tom Horne file a lawsuit seeking a declaratory judgment in the US District Court in Phoenix. The suit named Burke and US Attorney General Eric Holder as defendants, contending that their policies have created uncertainty and confusion with regard to implementing the state's medical-cannabis law. Governor Brewer maintains that her motivation in ordering Horne to file

suit was to have a court determine whether state employees administering the program would be at risk of federal prosecution. Arizona was scheduled to start accepting applications for dispensaries on June 1—but pending the outcome of the suit, the state has suspended its implementation of Prop. 203.

Burke stated in response that the facts were being distorted and that he never threatened state employees. Horne fired back that just because state employees were left out of the letter didn't mean the Feds couldn't later prosecute them for "facilitating" pot distribution.

Meanwhile, local opposition has developed to Brewer and Horne's lawsuit, with some suggesting that its actual intention is to sabotage Prop. 203. The Arizona Medical Marijuana Association regards the lawsuit as unnecessary, since the Feds have yet to shut down medical-marijuana programs in any other state despite similar "warning letters" from federal prosecutors. Worse, the court decision that Brewer and Horne seek could take months—or even years. In response, a number of aspiring dispensary owners filed their own lawsuit in mid-June to force the state's Department of Health Services to begin accepting dispensary applications, as required by Prop. 203. —**Mark Miller**

COLORADO COLLABORATION

In what could be a sign of things to come, Colorado's medical-marijuana regulators have teamed up with local law enforcement to crack down on "illegal" medical-pot gardens. This unique (and unprecedented) partnership between local police and the state's Medical Marijuana Enforcement Division, a branch of the Colorado Department of Revenue, has developed as a result of the state law passed by Colorado in 2010—the only one of its kind in the nation—which allows medical-pot businesses to operate on a for-profit basis under strict business-licensing rules. As a result, law enforcement now has an extra tool for locating grow ops that operate outside the medical-marijuana law.

Prior to 2010, med-pot patients in Colorado had to register with the state, but marijuana-related businesses did not, which allowed them to operate without oversight. Under the current law, every Colorado dispensary and related business is required to have a state license, and those already in existence had to apply for theirs by August 1, 2010. At last count, there were some 809 dispensaries, 321 "infused product manufacturers" (baked goods, edibles, etc.)

and over 1,230 cultivators legally registered in the state. The Medical Marijuana Enforcement Division maintains a database of all these businesses;



those not registered are regarded as illegal drug dealers and manufacturers by law enforcement, which has access to the database. The police will contact the MMED about a grower or provider under investigation to determine whether they're registered. If the database comes up empty, the police can obtain a search warrant against them.

Those busted under the new law don't garner much sympathy from a number of Colorado activists. Josh Cappel of Sensible Colorado says, "You have over 1,000 businesses, 4,000 owners and 20,000 employees playing by the rules. Then you have those who don't want to play by the rules, which includes paying licensing fees." (Colorado collected \$7.34 million in licensing fees from medical-cannabis businesses in 2010.) "It's cheaper for them not to play by the rules and become part of the black market."

Cappel admits there are problems with the regulations established under the 2010 law, "but that doesn't apply to those not playing by the rules. Ultimately," he adds, "we need to legalize cannabis for everyone so there are no crazy rules to play by." —**MM**

Head Games

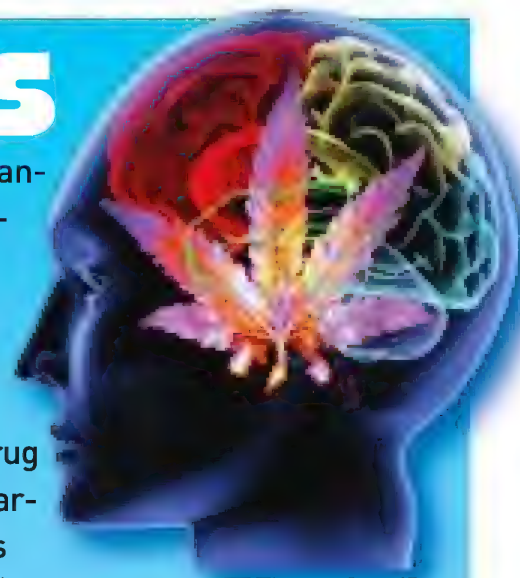
Brain-imaging findings presented at the 58th annual meeting of the Society for Nuclear Medicine were alleged to show "definitive proof of an adverse effect of chronic marijuana use." But the actual results of the study were anything but definitive.

Researchers at the National Institute on Drug Abuse conducted a series of sensitive molecular-imaging tests on the brains of chronic cannabis users compared to a non-using control group. (Neither the ages of the experimental group nor the quantities of cannabis consumed are publicly available at this point, because the study has yet to be peer-reviewed or appear in print.) Results of the scans indicated that heavy users experienced a decrease in the number of CB1 endocannabinoid receptors in the brain compared to non-users. (Endocannabinoid receptors interact with both plant cannabinoids as well as the body's naturally produced compounds to regulate numerous physiological functions, including mood, appetite and blood pressure.) However, the investigators acknowledged that the effect was only temporary: "After about a month of abstinence, there was a marked increase in receptor activity in those areas that had been decreased at the outset of the study," the Society for Nuclear Medicine noted in its press release.

Despite the SNM's alarmist tone, most of the mainstream media responded to these findings with a collective yawn. Fox News noted astutely that "no specific adverse effect of this occurrence in marijuana users has been identified by researchers," while CBS reported that the results merely represented changes in the brain, "not damage."

NIDA's preliminary findings were met with similar indifference by those in the marijuana-law reform community. "These results are hardly surprising," remarked California NORML coordinator Dale Gieringer. "Other receptors show similar responses when overstimulated by drugs."

HT columnist Mitch Earleywine, author of *Understanding Marijuana*, noted that far more significant—and permanent—changes in brain chemistry have been associated with the use of alcohol and nicotine. "It's kind of hard to make a big deal out of this," he said, "given the pretty compelling evidence for the reversibility of the effect." —**Paul Armentano**



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LESSONS FROM KEN KESEY

NOVEMBER MARKS THE 10TH ANNIVERSARY OF KESEY'S DEATH, BUT THE MEMORIES OF HIS VITALITY STILL RESONATE.

BY PAUL KRASSNER

Although Ken Kesey and I originally met in May 1965 at the first Vietnam Day Teach-In on the Berkeley campus of the University of California, we already knew each other's work: I had read his novel, *One Flew Over the Cuckoo's Nest*, while he'd read my countercultural magazine, *The Realist*, as the Merry Pranksters traveled cross-country on their psychedelically painted bus, dubbed "Furthur." Now, at this outdoor demonstration—the largest such protest in American history, with a peak audience of 30,000—I was the emcee and Kesey was the penultimate speaker.

After my introduction, Kesey took the stage, delivered his speech, and played a few bars on his harmonica between the words, which consisted essentially of warning the crowd that we should love our neighbors, that the march following the teach-in wasn't going to *change* anything, and that wars had been fought for 10,000 years. Ironically, this was the antithesis of the message from all the previous speakers, and the 15,000 marchers were chafing at Kesey's bit.

The next evening, at an indoor event, I borrowed a harmonica and did a parody of his talk. Kesey was in the audience, and he stood up and shouted, "I object!" Then he walked to the front of the auditorium, jumped onstage and proceeded to defend his position.

Our paths didn't cross again until a year later in San Francisco. Folks all over the Bay Area were ingesting LSD in preparation for the Acid Test at the Longshoremen's Hall, which had been organized by Kesey and the Merry Pranksters. The ballroom was seething with celebration, with thousands of partiers stoned out of their minds, bodies undulating to the rock bands amid balloons and streamers and beads, with a thunder machine and strobe lights flashing, so that even the Pinkerton guards were contact-high.

Kesey asked me to take the microphone and contribute a running commentary on the scene. "All I know," I began, "is that if I were a cop and I came in here, I wouldn't know *where* to begin"

Later that year, after two busts for marijuana, Kesey faked a suicide and disappeared into Mexico, leaving Ken Babbs in charge of the bus and the Acid Tests in Los Angeles—which came to a screeching halt the day before LSD became illegal. The Pranksters snuck out of town and drove to Mexico to join up with Kesey, then returned to the US after Kesey decided to give himself up to the FBI. He was sentenced to six months in jail. Kesey and Prankster Page



Browning took the fall so that the others could go free—especially Neal Cassady, who'd already been busted twice and done two years in prison for two joints (so with one more conviction, he'd have been up for a life sentence).

In February 1971, I moved from New York to San Francisco. Stewart Brand had invited me to come to the West Coast and co-edit *The Last Supplement to the Whole Earth Catalog* with Kesey. Brand told me: "Kesey said he'd do it if you would."

I replied, "Yes, yes, yes, yes, yes!"

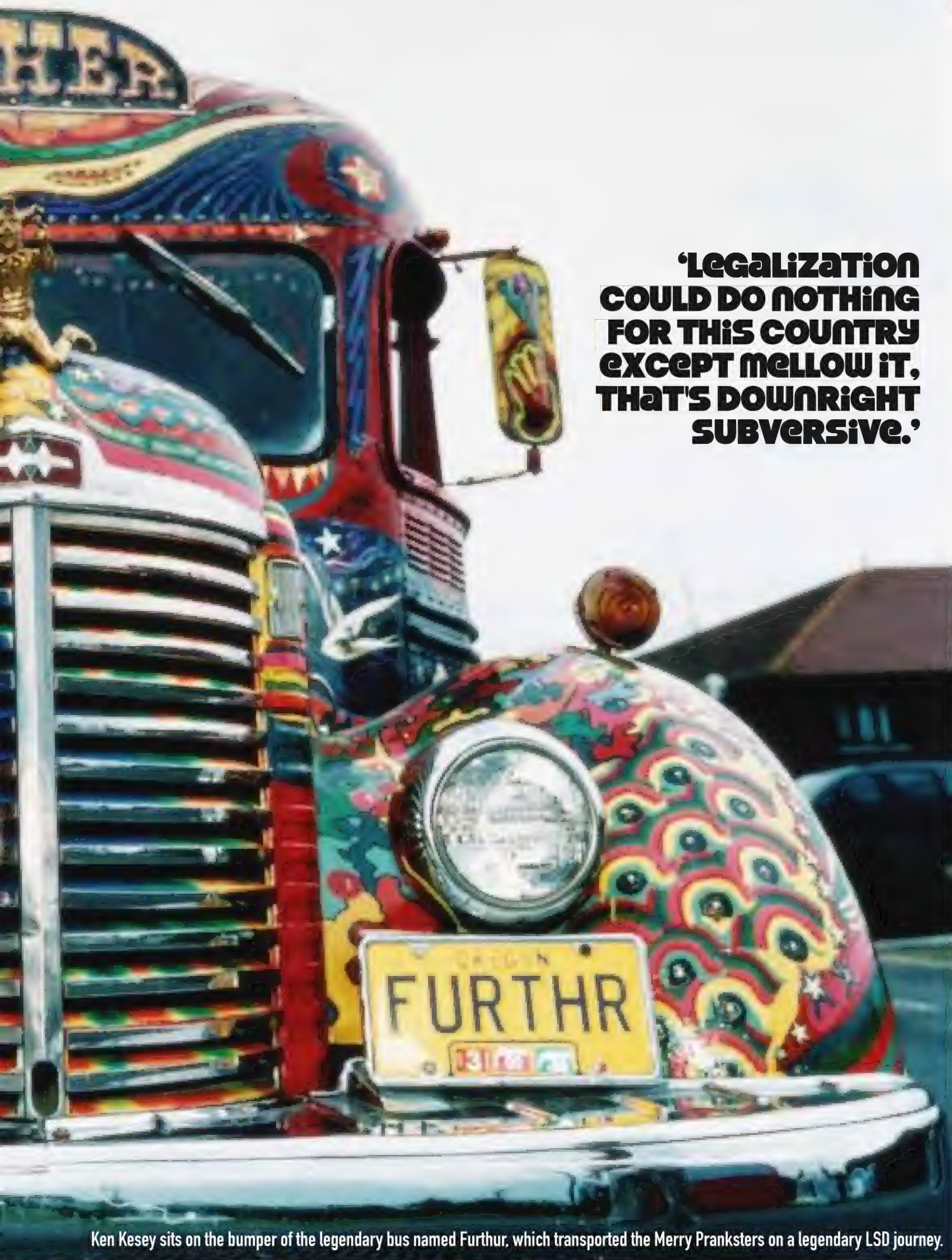
When we finished a couple of months later, we had a big party. Somebody brought along a tank of nitrous oxide to help celebrate the occasion. Kesey suggested that in cave-dwelling times, *all* of the air that our ancestors breathed had been like this. "There are stick figures hovering above," he said, "and they're laughing at us."

"And," I added, "the trick is to beat them to the punch."

One afternoon, Kesey and I were smoking hashish in a tunnel inside a cliff, which had been burrowed during World War II so that military spotters with binoculars could look toward the ocean's horizon for incoming enemy ships. All we spotted, however, was a meek little mouse right there in the tunnel. We blew smoke at the mouse until it could no longer tolerate our behavior—it stood on its hind paws and roared at us: "Squeeeeeek!" This display of mouse assertiveness startled us so much that we almost fell off the cliff. The headline would've read: "Dope-Crazed Pranksters in Suicide Pact."

I once asked Kesey, "Do you see the legalization of grass as any sort of panacea?"

"The legalization of grass," he replied, "would do absolutely nothing for our standard of living, or



**'LEGALIZATION
COULD DO NOTHING
FOR THIS COUNTRY
EXCEPT MELLOW IT,
THAT'S DOWNRIGHT
SUBVERSIVE.'**

Ken Kesey sits on the bumper of the legendary bus named Furthur, which transported the Merry Pranksters on a legendary LSD journey.

our military supremacy, or even our problem of high-school dropouts. It could do nothing for this country except mellow it, and that's not a panacea—that's downright subversive."

Kesey had been disinvited from a *Nightline* panel on drugs because he was pro-marijuana. He made a distinction between pot, mushrooms, LSD, psilocybin—"the organic, kinder, gentler hippie drugs"—and cocaine, crack, ice: "drugs that make you greedy and produce criminals." He also called drugs "my church" and confessed that he had taken psychoactives "with lots more reverence and respect than I ever walked into church with."

One afternoon in 1978, Kesey called me. "Hey," he said, "why don't you come to Egypt with us? The Dead are gonna play the Pyramids."

I did not play hard to get. The Grateful Dead were scheduled to play on three successive

nights at an open-air theater in front of the Pyramids, with the Sphinx looking on. Drummer Bill Kreutzmann had fallen off a horse and broken his arm, but he would still be playing with the band using one drumstick. Or, as an Arabian fortune cookie might put it: "In the land of the limbless, the one-armed drummer is king."

Basketball star and faithful Deadhead Bill Walton would also be there. His buttocks had been used as a pincushion by the Portland Trailblazers so that he could continue to perform on court even though the bones of his foot were being shattered, and despite the pain he now couldn't feel. Having been injected with painkilling drugs to hide the greed rather than heal the injury, he now had to walk around with crutches and one foot in a cast under his extra-long *galabeya*.

Maybe he and Kreutzmann could team up and enter the half-upside-down sack-race event.

An air of incredible excitement permeated the first night. Never had the Dead been so inspired. Backstage, Jerry Garcia was passing along final instructions to the band: "Remember, play in tune." The music began with Egyptian oudist Hamza el-Din, backed up by a group tapping out ancient rhythms on their 14-inch-diameter tars, and soon joined by Mickey Hart, a butterfly with drumsticks. Then Garcia ambled on with a gentle guitar riff, then the rest of the band, and as the Dead meshed with the percussion ensemble, basking in total respect of each other, Bob Weir suddenly segued into Buddy Holly's "Not Fade Away."

"Did you see that?" Kesey said. "The Sphinx's jaw just dropped!"

Every morning my roommate, George Walker, climbed to the top of the pyramid. He was in training: It would be his honor to plant a Grateful Dead skull-and-lightning-bolt flag on top of the Great Pyramid. This was *our* Iwo Jima.

In preparation for the final concert, I was sitting in the tub-like sarcophagus at the center of gravity in the Great Pyramid, after ingesting the LSD that Kesey had smuggled into Egypt in a plastic Visine bottle. I had heard that the sound of the universe was D-flat, so that's what I chanted. It was only as I breathed in deeply before each extended *Om* that I was forced to ponder the mystery of those who urinate there.

I told Kesey that I had a strong feeling I was involved in some kind of *lesson*. It was as though the secret of the Dead would finally be revealed to me, if only I paid proper attention. There was a full eclipse of the moon that night, and Egyptian kids were running through the streets shaking tin cans filled with rocks in order to bring it back.

"It's okay," Kesey assured them. "The Grateful Dead will bring back the moon."

And sure enough, a rousing rendition of "Ramble On Rose" would accomplish that feat. The moon returned just as the marijuana cookie that Bill Graham gave me started blending in with the other drugs. Graham used to wear two wristwatches, one for the Fillmore in San Francisco and the other for the Fillmore East in New York—now he wore one wristwatch with two faces. There was a slight problem with an amplifier, but the sound engineer said that it was "getting there."

"Getting there ain't good enough," Garcia replied. "It's gotta fuckin' *be* there."

This was a totally outrageous event. The line between incongruity and appropriateness had disappeared along with the moon. The music was so powerful that the only way to go was ecstasy. That night, when the Dead played "Fire on the Mountain," I danced my ass off with all the

others on that outdoor stage as if I had no choice.

"You know," Bill Graham confessed backstage, "this is the first time I ever danced in public."

"Me, too," I said.

Kesey chimed in: "That was your lesson." ✨

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THE RUM DIARY

HUNTER S. THOMPSON TAKES ANOTHER SAVAGE JOURNEY TO THE HEART OF THE AMERICAN DREAM.

BY JONAH RASKIN

Perhaps not surprisingly, “heads” pop up everywhere in Hunter S. Thompson’s one and only published novel, *The Rum Diary*, now at long last a movie starring Johnny Depp as Paul Kemp, a jaded young writer on the make (and a stand-in for Thompson himself). But the heads in *The Rum Diary* aren’t the kind one finds in *Fear and Loathing in Las Vegas*, Thompson’s classic book about the death of the ‘60s and a decaying American empire, which was published in 1973 and made into a movie in 1998 (also starring Johnny Depp). The heads in *The Rum Diary*—written in the 1960s but unpublished for nearly 40 years—are “hopheads,” “ex-jar-heads” and “wineheads.” All the main characters, including the unkempt Kemp, are alcoholics, not stoners or trippers. In fact, there isn’t a joint, roach, pill or line of coke in the whole book. Instead, the characters drink compulsively, at work and at play, in bars and in cars. They’re addicted to alcohol—which, of course, was Thompson’s own drug of choice as a young man. Kemp and his confederates drink Caribbean rum, and they’re all caught up in what Kemp calls “an orgy” of the stuff.

The novel was originally slated to become a movie in the mid-1990s, when Thompson was still alive and still writing prodigiously. (He died in 2005 at his home in Aspen, CO, at the age of 68, of a self-inflicted gunshot to the head.) When *The Rum Diary* first went into production, rumors about it reached Thompson. He told one interviewer that his beloved novel was undergoing “cannibalization and transmogrification,” by which he meant that Hollywood would take what it wanted from the book and then change the plot, theme and characters beyond recognition.

Thompson probably would’ve been disappointed by the film that’s finally been made, directed by Bruce Robinson and scheduled for release in late 2011. On-screen, Depp wears dark glasses much of the time and drives around town on a motor scooter and in vintage automobiles, making the film look more like a video for aficionados of classic cars.

The filmmakers have also added LSD to the story, as though it couldn’t be a Thompson story without it, even though LSD is absent from the novel. Then, too, they’ve turned it into a buddy film and added a crooked real-estate developer as the villain. Some major characters in the novel have been shrunk, and some minor characters have been magnified. Sounds like cannibalization and transmogrification to me.

Even so, it’s likely that Thompson would have wanted to see the finished product, if only because he loved Depp and respected his work. And if there’s any single actor who might have been able to save the picture, it would have to be Depp, who played the part of Raoul Duke admirably in *Fear and Loathing in Las Vegas* and who, oddly enough, prepared himself for the role of Paul Kemp here by playing a pirate of the Caribbean. That’s because Kemp is another kind of pirate: a swashbuckling reporter who makes his living by the pen, not the sword, and in newspaper offices, not ships at sea.

The Rum Diary isn’t an easy novel to turn into a Hollywood-style movie while still remaining faithful to the original: It doesn’t have a Hollywood hero, a Hollywood love story or a Hollywood happy ending. Granted, Hollywood does like dramas set on tropical islands, but the Puerto Rico that Thompson depicts in the book is no fantasy island to which tourists can escape from the troubles of the world—it’s a very real place, as the map at the front of *The Rum Diary* makes clear. It’s also a sordid outpost of America where the “empire-builders,” as Kemp calls them, can rape, pillage, divide, subdivide and rake in the cash.

The subtitle for *Fear and Loathing in Las Vegas*, “A Savage Journey to the Heart of the American Dream,” could also serve aptly for *The Rum Diary*. The Puerto Ricans aren’t the savages here, though they aren’t idealized either; instead, it’s the American investors and developers who are the uncivilized brutes, as well as the journalists who write whatever needs to be written for American corporations. “I was one of them,” Kemp ex-

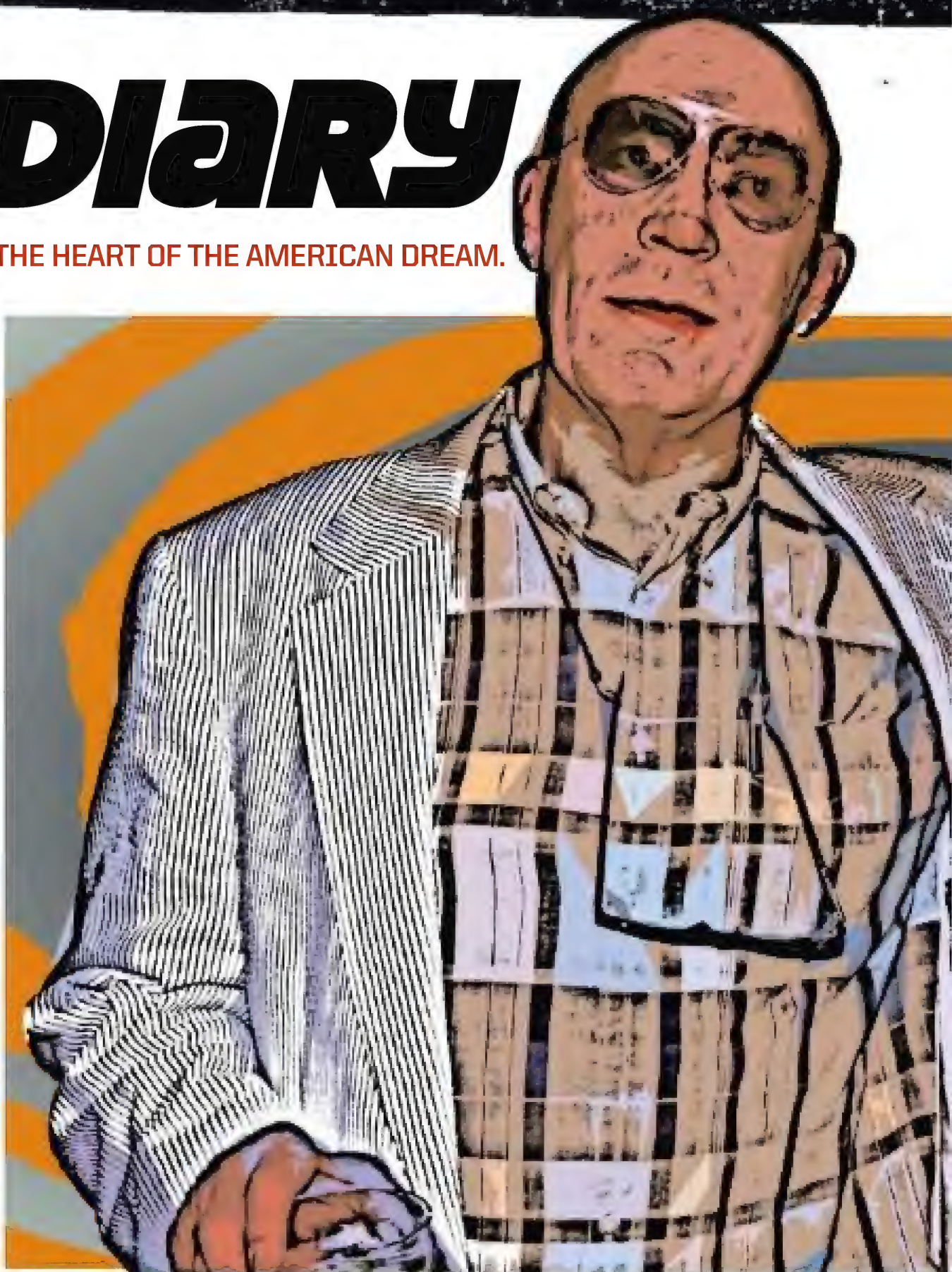
plains in the hard-hitting introduction to his misadventures. “I wrote copy for new casinos and bowling alleys. I was a consultant for the cockfighting syndicate, and an utterly corrupt high-end restaurant critic.”

In another sense, however, *The Rum Diary* was ready-made for the movies, in much the same way that Graham Greene’s novels *The Third Man* and *The Quiet American* were. The plot moves quickly, and there are some big dramatic scenes, including a wild carnival on the island of Vieques that allows Thompson to conjure up a colorful spectacle. The dialogue is crisp, and all of the characters (including Kemp and Chenault, the two main figures in the drama) are sharply portrayed. A director with any sense at all only has to follow Thompson’s eye for the cinematic, especially the scene where Chenault makes a spectacle of herself, taking off her clothes and dancing erotically as the crowd goes wild. Kemp doesn’t protect her when she’s dragged away—he’s not the proverbial knight

in shining armor ready to rescue a damsel in distress. He just wants to save his own skin, and so he escapes without her.

Later, he and Chenault crawl into bed, but they aren’t exactly lovers. He’s in his head; she’s in her body. She has “a weird, nymphet egotism,” Kemp observes—a spoiled rich girl from the Connecticut suburbs and a graduate of Smith College, Chenault’s idea of a good book is Joseph Conrad’s novella, *Heart of Darkness*. Kemp, for his part, reads mainly newspapers, including *The San Juan Daily News*, for which he writes. The paper is owned by Ed Lotterman, an ex-communist and one-time youthful idealist who has now become a cynical anticommunist eager to prove that the only cause he cares about now is his own wealth and power.

Though Lotterman is the most villainous of the characters, no one—including Kemp—is entirely free of villainy. In his relationship with Chenault, he’s a louse: Kemp



THE RUM DIARY IS MORE SATISFYING THAN EITHER THE SUN ALSO RISES OR THE GREAT GATSBY.

Friends to the end: Hunter S. Thompson and Johnny Depp.



Depp as a pre-Gonzo Hunter in 1960s Puerto Rico.

deal about the tone, voice and shape-
liness of a good novel.

It may sound blasphemous to fans of Hemingway and Fitzgerald, but in crucial ways, *The Rum Diary* is more satisfying than either *The Sun Also Rises* or *The Great Gatsby*. Douglas Brinkley, Thompson's friend and the editor of his letters, agrees on the novel's merits. "Hunter would tell a joke about himself and Hemingway: 'Hemingway got Cuba and I got Puerto Rico,'" Brinkley says. He read aloud from the novel in manuscript form with both Thompson and Depp before it was published. "Hunter had a pencil in his hand, and he streamlined the book and subtracted things," Brinkley recalls. "Mostly, he was surprised how good it was after all those years sitting in a drawer."

Thompson is less sentimental than Hemingway and less nostalgic than Fitzgerald. He also seems wiser than they: He doesn't romanticize the consumption of alcohol, and he knows there's no possibility of escaping to a tropical paradise or retreating into a dreamland of memory. For Thompson, there is no going back—only forward.

Like his creator, Kemp has a moral code he aims to live by, though he doesn't boast about it or force it on anyone else. In a world of suckfish and sharks, he aims to survive, and he knows that survival is often a matter of staying out of jail, avoiding the mob and moving on. "The race is not to the swift, nor the battle to the strong, but to those who can see it coming and jump aside. Like a frog evading a shillelagh in a midnight marsh," Kemp observes. The world

of the novel is a dark and perilous (and realistic) one; there are no frogs that turn into princes, only frogs with the instinct to avoid powerful annihilating blows from a cudgel.

It's a literary miracle that *The Rum Diary* survived, that Thompson never lost the manuscript or destroyed it over the years. He must have known that it was damned good, that in writing it he had produced yet another savage journey to the heart of the American Dream, and that one day it would see the light of day. Fifty years after its creation, it seems like a great novel about the 1950s in much the same way that *The Sun Also Rises* and *Gatsby* are great novels about the '20s. Kemp and Chenault belong to a lost generation that followed the original Lost Generation chronicled by Hemingway and Fitzgerald.

Kemp is also an American existentialist who would fit in well with Kerouac's Beat Generation heroes, Sal Paradise and Dean Moriarty. Unlike them, however, he doesn't go on the road: He's fixed on an island and, for a time, even a prisoner of it, but he's still a Beat brother at heart. "I was a seeker," Kemp declares, "a mover, a malcontent, and at times a stupid hell-raiser." Johnny Depp may not do him justice, and the movie may be disappointing, but if it does nothing more than prompt people to read (or reread) *The Rum Diary*, it will have served a real purpose. ✨

Jonah Raskin is the author of the newly released *Marijuanaland: Dispatches From an American War*, published by HIGH TIMES Books.

lures her away from her physically abusive boyfriend, Yeamon, though the latter is happy to have Kemp take her off his hands. When Kemp and Chenault fuck, he has an orgasm and she doesn't.

"I fell on her with such a violence that her smile quickly disappeared and it became a desperate business," he relates. "She kicked her feet into the air and shrieked and arched her back and she was still trying when I exploded inside her." It's hard to believe that Hollywood won't change that scene—take out its ugliness and make it more romantic—as well as soften the scene in which Kemp tells Chenault that they're both "human suckfish." A suckfish, he adds, is an underwater creature that attaches itself to a shark and then "eats the leftovers."

In *The Rum Diary*, Thompson is after much bigger game than mere suckfish: He's after the whole monstrous world of the Caribbean with its modern-day pirates and empire-builders. "Greedheads" prowl the

streets of San Juan, Las Vegas-style casinos operate outside the law, and everyone spends their American dollars furiously.

Kemp and Chenault escape from the island separately and return to the States, but for the Puerto Ricans—even those who manage to get to New York—there's no place to hide from the burden of colonization. In Cuba, Kemp explains, Fidel Castro and his guerrillas are in the mountains, and the days of the dictator Batista are numbered—but in Puerto Rico, there are no rumblings of revolution. The locals talk of statehood or independence, but it's only talk without meaningful action.

As a young man, Thompson wanted to follow in the path of his literary heroes, F. Scott Fitzgerald and Ernest Hemingway, and write the Great American Novel. Legend has it that he learned much of his craft by sitting at his typewriter and copying their novels word for word. Imitation is indeed a great teacher, and he learned from those masters a great



IN SLUDGE WE TRUST EYEHATEGOD'S LONG AND DIRTY RIDE. BY ZENA TSARFIN

It's hard to picture an Eyehategod concert as a family experience, but on several stops during the New Orleans-based sludge-metal band's last US tour, that's exactly what it became. "I meet people's kids all the time," says founding guitarist Jimmy Bower. "Fans come up to you at the shows, and their kids are like, 'I love the *Dopesick* record!' And it's just weird hearing, like, a 12-year-old say that." Weirder still is that *Dopesick*, the veteran act's third full-length album, came out in 1996—a full 15 years ago.

"It's surreal to think about," adds singer Michael Williams. "We started off as a joke at the time: 'Let's piss off these other fast bands and do something no one's ever heard.' We had no idea it would last over 20 years."

Eyehategod's journey from pariahs to revered underground legends has been a long and bumpy one. Initially conceived in 1988 as a heady, nodded-out ode to Black Sabbath riffs by way of Black Flag, and fueled by Williams's acerbic vocals, the band espoused an ethos that encouraged nihilism, drug use and blasphemy. Needless to say, they became a slow-burn hit with punks and metalheads alike after their first album, *In the Name of Suffering*, debuted in 1992.

The five-piece troupe—Bower, Williams, guitarist Brian Patton, drummer Joe LaCaze and then-bassist Mark Schultz—released the watershed *Take as Needed for Pain* the following year, solidifying their place as arrant antiheroes by pushing the boundaries of their already-polariz-

ing lyrics (as well as the amount of feedback-riddled tangents that their devoted listeners could take). Songs like "\$30 Bag," "Kill Your Boss" and "Shoplift" hardly sound like mood enhancers, but as soon as each of their meaty riffs kick in, it's hard not to become seduced by their elating magnitude—a soulful groove within each dose of the churning fix. Endless touring turned their live sets into surgical strikes, delving deep into your chest with their intense, down-tuned tones.

EHG have never been subtle when it comes to the vast array of pharmaceuticals and hard drugs referenced throughout their infamous songbook, but it's always been marijuana that has served as their source of constant inspiration. "It has a lot to do with Eyehategod," Bower notes. "We play real slow, simple blues. It helps with everything. I still smoke constantly."

"One of our old T-shirts said, 'The Power of Dirt Weed,'" Williams adds, remembering the term fondly. "We would get this cheap-ass weed and go to the room and write tons of heavy riffs."

Although the band remained on hiatus for over three years between *Take as Needed* and *Dopesick*, Williams, Bower and the other members stayed active (and continue to) in a slew of herb-friendly Southern outfits like Crowbar, Down, Soilent Green, Superjoint Ritual, Mystic Krewe of Clearlight and Arson Anthem, alongside various recruits from Pantera, Corrosion of Conformity and, occasionally, Hank Williams III.

It would be another four years before the band's final official full-length, *Confederacy of*

Ruined Lives, was released in 2000, and soon after came Eyehategod's unraveling. "There were so many different factors as to why we weren't doing anything," Williams recalls. "There were record-label problems, there were personal problems, there were drug problems Then this little thing called Katrina happened." After fleeing NOLA in the aftermath of the hurricane, Williams was famously arrested on narcotics charges in the small town of Morgan City, LA, where he served time in jail while kicking his junk habit (this after a rumor about his demise in the storm quickly came and went).

Then, in 2006, EHG returned to play the first Mardi Gras since Katrina, heralding not only the return of their beloved city, but also their commitment to the band—all to fulfill a seemingly endless worldwide demand for their chaotic vision. More recently, the band completed their first tour of Europe in years and have several new songs written (whose titles include "Medicine Noose" and "New Orleans Is the New Vietnam") that they've been showcasing during live sets. "Our new material is great; people are going to love it," Williams predicts. "Some of it's more bluesy, but it's Eyehategod."

Eyehategod is searching for a new label, and is in it for the long haul. "It's amazing that there's something there that people keep coming back to," says Williams of their sustained longevity. "I think in this day and age, people are looking for something a little heavier and thicker that they can take their frustrations out to." ✱

High Times
Stash Award winner



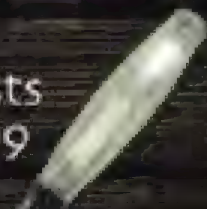
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LOST in SPACE

FLYING LOTUS, A.K.A. STEVEN ELLISON, SCALES THE STRATOSPHERE WITHOUT REALLY TRYING. BY JUSTIN HAMPTON

To get to him, one better be prepared to scale a great height. Homeboy lives atop one of Los Angeles's hillier terrains, and if you look into his eyes, you'll see the same faraway gaze John Coltrane sported as a Navy sailor, looking into the camera taking his ID picture like it was a telescope pointed at the Milky Way. One needs to be patient with guys like this. It takes a long time to get up close and personal with them—and even then, you're nowhere near.

Outside of spaces like electronic music and instrumental hip-hop, this fellow Steven Ellison would probably float aimlessly through life, guided by coils of marijuana smoke towards a vaguely sensed gnosis just out of reach. With music, he's Flying Lotus, an entity that shape-shifts from jazz to hip-hop to IDM on a whim, evoking the twin pillars of cultural cool with his work for Cartoon Network's Adult Swim and his impeccable art-world pedigree thanks to a family connection with Coltrane's late wife, Alice.

So far, this year has been very, very good for Flying Lotus. Erykah Badu recently recorded vocals with Steven for an upcoming joint release. The night before the interview, Thom Yorke gave a surprise DJ performance at the Flying Lotus-affiliated party Low End Theory for the second time this year. And FlyLo's Brainfeeder label continues to buoy the careers of abstract beat-

makers like Mono/Poly and Matthew David with the Pitchfork/Mary Anne Hobbs crew. Approximately one year after the release of his career-defining *Cosmogramma*, enough is going on in Steven's universe that he doesn't need to determine where it's all headed. For now, he's just along for the ride.

"Unfortunately, a lot of stuff will never come out—thousands of tracks that I *wanna* put out, but I want it to mean something instead of just ... well, whatever," he confesses, snapping his fingers. The sound echoes throughout his studio

space. "I wish I cared [about the context] as less as [the fans] did—I'd just be free and no stresses in my life. But, unfortunately, I care."

As cruel as it may be to acknowledge, Steven has benefited greatly from some well-intentioned and mind-blowing kicks to his ass. As a troubled teen, he not only smoked pot but sold it. After getting caught, he wound up in continuation school with other at-risk youths. Stephen says it changed his life. "I was on a certain trajectory that, when I got kicked out of school, it really focused me in a way that I needed. It brought me closer to my family, and I stopped smoking weed for a long time—but it also just, like, made me realize what I *didn't* want to do. Just a bunch of bullshit will just make you consider what you've got and scare you straight."

OUTSIDE OF SPACES LIKE ELECTRONIC MUSIC AND INSTRUMENTAL HIP-HOP, THIS FELLOW STEVEN ELLISON WOULD PROBABLY FLOAT AIMLESSLY THROUGH LIFE, GUIDED BY COILS OF MARIJUANA SMOKE.

Most FlyLo fans can easily identify the death of Steven's mother as his second major trauma, one that suffuses the digital space jazz of *Cosmogramma*. After she passed, Steven smoked DMT for the first time and blogged about his experience on his MySpace page, which no doubt inspired many of his fans to follow suit. In the post, he describes the experience as the apotheosis of his childhood and young adulthood, punctuated by incidents of lucid dreaming, spirit visitation and OOBes. To this day, he identifies that trip as one of his life's peak experiences. "I think that more people are becoming aware that there is a lot more than this," he says. "I'm so glad people are talking about it more now, because it's one of those experiences—whatever you wanna call it—that ... we're lucky we can go there."

Since then, Steven has been simply taking care of business. Right now, he's being assisted by Silk Two, an *indica* strain notorious among his crew for its low repute and ill behavior. "It's the kind of [weed] where, if you're listening to music, you just wanna go into it—and it makes you kind of horny. When I smoke it, I'm like, 'Where my girl at?'" he says, rolling his eyes like a gremlin.

These days, he also DJs. He learns chords on his piano upstairs, then takes them downstairs for digital treatment, shifting the beats and sounds around whenever he gets bored with the groove. The next chapter in his life's saga will start eventually; sooner or later, from out of the clear blue sky, the next shoe has to drop. Catastrophic for him, perhaps, but good for us. ✨



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AROUND THE WORLD WITH 80 TONS

MR. NICE

Directed by Bernard Rose

(MPI)



I admit it: I'm a lazy product of the TV generation. As a result, I've stared for years at the Howard Marks book *Mr. Nice* standing amid the biographies of other greats like Brando, Elvis, Henry Miller and Cellini in my bookcase and vowed that I would get around to reading it someday. I even met the author years back and was touched by his legendary charisma—but it still took 10 years and a film with slick movie stars before I made the effort to read the real story.

Marks was born a middle-class Welshman at the end of World War II. The blade of his mind was honed at Oxford, where he studied during the dawn of the cultural revolution of the late 1960s. His romance with cannabis took a more serious turn when a fateful phone call came asking him to visit his friend and dealer, who had been arrested in Germany. Marks smuggled the balance of the load back to Britain and then expanded on that success for the next 20 years.

The film *Mr. Nice* is the glossy CliffsNotes version of the book's more



Rhys Ifans as Howard Marks.

complicated story. Though it includes Marks's dabbling with the British intelligence agency MI6, his intermittent relationship with the IRA and his enduring affiliation with a Pakistani hash connection, it omits entire portions of his business in Bangkok and Hong Kong. At the same time, the film does accurately portray some of the autobiography's key points, such as Marks's relationship with the California acid cult the Brotherhood of Eternal Love and his habit of smuggling hash inside the equipment of traveling British rock bands in the 1970s. Actor Rhys Ifans embodies the shaggy Welshman with aplomb, while sexy

Chloe Sevigny plays the part of his ever-adoring and supportive wife, Judy. After meeting in the late '60s, they get married, have children, build a life in Spain and then see it torn apart by the DEA. Marks's time in prison in Terre Haute, IN, winds the movie down through that favorite directorial trick, the montage—if only a prison sentence could be as concise as a music video.

For the younger generation and/or anyone ignorant of the life of Howard Marks—a.k.a. Narco Polo, a.k.a. Mr. Nice—this film is a good place to start. For those seeking a history lesson in the drug trade, the inner workings of the Middle and Far East, or an inside view of the American penal and judicial system as seen by a well-educated criminal mind, it's best to check out the book. —Rollergirl

KOUROSH YAGHMAEI

Back From the Brink

(Now-Again/Stones Throw)



Rare vintage psychedelia from all corners of the globe has been creeping out over the years through the yeoman efforts of fanatical collectors. We've seen them dig up a lot of "from the vaults"—style obscurities in the rock, soul, funk and cosmic-folk genres from various European, African and South American countries, but not so much from the Middle East. This compilation of music by 1970s Iranian rock star Kourosh Yaghmaei fills that gap in supreme style. Singer-composer Yaghmaei remains the big daddy of Persian rock and psychedelia, the person who—along with his brother, guitarist Kamran—created sounds that, while bearing some resemblance to the better-known Middle Eastern rock artists of the era, added a uniquely Persian perspective and sound.

The set focuses on seven-inch singles that were recorded in the mid- to late '70s but never officially released and, post-Islamic Revolution, largely forgotten. These tracks are intriguing stews of cultural hybridizing/meltdown, bearing traces of the rock, funk and studio freak-out influences that found their way to Iranian ears in the '70s, laced with a distinctively Persian melancholy and played out in twanging minor-key electric guitars (clean and distorted), often couched in tuff-funk drums and bass and Kourosh's own infinitely soulful vocals—the loneliest sound ever heard. This double-CD compilation is beautifully packaged as well, with loads of pics of the artist, band and original record sleeves, plus lyrics and informative commentary by Now-Again's Eothen Alapatt. —John Payne



LOST TRIBE

The Dawn

(demo)



Holy shit, this is the best album I've heard all year. Drawing heavily from bands as diverse as Bauhaus, Lords of the New Church and Rudimentary Peni, Richmond, VA's Lost Tribe deliver five songs that conjure light, fog and the unholy urgency of the grave's call. The overall sound is sparse and hollow; power chords are rare—and mixed low—in support of the guitar's relentless, spike-sharp soloing. The bass, too, often abandons the bottom to surge up in the same frenetic fashion as the guitar. No stale pentatonic scale here!

Opener "Forever" finds the drummer pulling straight from LotNC, both rhythmically and in terms of '80s garbage-can production. Following an organ intro that's funereal without being cheesy or lugubrious, the song picks up in speed and the chorus kicks in. The singer's voice is perfect for this band: appropriately resonant in the gothier parts (see the aforementioned chorus), but powerful enough to come right over the top when the music gets rougher, punker. The vocals are soaked in reverb throughout, which gets a little monotonous, as does the unvaried keyboard/organ sound, but those are minor points. One of the coolest things about this band is that they're unafraid to leave actual spaces in the music. Portions of "Vexed" contain nothing but the same spare, fragmented guitar riff over primitive drums, while "The Laughter," "Unsound" and "Fading into the Fog" mine the same dark vein at varying speeds and complexities. Cassette only. Aw, yeah! —Polly Watson



HONOR THY DAUGHTER

Marilyn Howell, Ed.D.

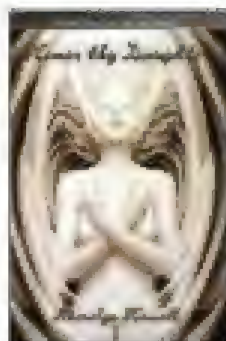
(MAPS)



In this heart-wrenching memoir, Marilyn Howell chronicles the story of her daughter Mara's losing battle with terminal cancer. Howell is a biologist and creator of the first mind-body course in public education at Brookline High School, which she taught for nearly 30 years. For Howell, it was as though her entire life had prepared her to support Mara in her final days, though of course nothing in this world can really prepare anyone for such a drawn-out loss.

"At first I was determined to document every step of Mara's ordeal," Howell writes, "if only to reassure myself that I had done all I could to help my daughter. When I put my memory into words, the agonizing emotions lost some of their immediacy. In the very act of writing I became a witness to the trauma rather than a devastated victim."

This admission is the capsulation of *Honor Thy Daughter*, where every word speaks to the attempt to heal both Mara and her grieving family. Published by the Multidisciplinary Association for Psychedelic Studies (MAPS) because of the important role that psychedelic therapy played toward the end of Mara's journey, it stands as a perfect case for the re-legalization of psychedelic drugs in therapeutic settings—especially since neither Howell nor her family had ever been imbibers, though the results in the end are phenomenally touching. In the way of full disclosure to our high-minded readers, however, psychedelic therapy isn't the meat of this book, but the soft, sweet bits that open and close the meal perfectly. —Mary Ought Six



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WHO KILLED BOBBY FULLER?

THE MYSTERY CONTINUES 35 YEARS AFTER THE ROCK STAR'S DEATH. BY STEVEN HAGER

Even though 16 states have passed laws to protect medical access, law enforcement continues to arbitrarily arrest patients. I receive a steady stream of emails from people desperate for advice. Medical-use defenses are not recognized in federal court, which means some patients end up in prison serving outrageous sentences.

In July of 2010, I learned that a patient in Washington State named John Novak was requesting help. He'd been raided by a team of agents from the local police, the sheriff's department, the Border Patrol and the National Guard, even though he'd been operating a legal nursery according to state law. Novak was so terrorized that he seemed genuinely concerned that law enforcement might return to silence him forever.

I sent him a message of support, and in his response he dropped a bomb, letting me know that he was the illegitimate son of Bobby Fuller, one of my favorite rock stars of the 1960s. Few people today seem to realize how amazing Bobby Fuller was as a singer, songwriter, guitar player, sound engineer and live performer; he simply had no equals. At age 23, Fuller had just scored his first Top 10 hit ("I Fought the Law") and was poised to become one of the biggest rock stars in the world when he was found dead in his car, severely beaten and drenched in gasoline. The police ruled it a suicide, then changed the cause of death to an accident.

I immediately inquired if Novak was familiar with the rumor (never printed) that Frank Sinatra may have put a hit on Fuller as revenge for giving LSD to Nancy Sinatra during the filming of *The Ghost in the Invisible Bikini*, a movie they'd just wrapped together. Novak was familiar with that story, but he didn't believe it, or any of the other wild rumors that have surfaced over the years, including the current one that Charles Manson was involved. However, I did light a fire under Novak to start investigating the case.

While trying to defend himself on the marijuana charges, Novak spent months interviewing people



Bobby Fuller's stardom was cut tragically short.

FRANK SINATRA may HAVE PUT OUT a HIT ON FULLER AS REVENGE FOR GIVING LSD TO NANCY SINATRA.

who'd known his father. He was finally hit with a bombshell of his own during a telephone call with his birth mother, Janelle Cruea, who was only 14 when she'd been impregnated by Fuller. Janelle had given up the baby for adoption to an unknown couple on a military base, and it had taken her 21 years to track down and reunite with her first child. And now she was ready to tell him what really happened to his father.

"I was at my daddy's apartment in Virginia," she explained. "We had just come home from eating dinner out, and on the way home, we heard 'I Fought the Law.' Daddy looked up at me and said, 'I took care of him.'"

"I asked, 'What do you mean, Daddy?' My father admitted killing Bobby Fuller. I immediately held him, and he was shaking

for an hour. He was in total grief." A few years later, in 2002, her father, Ed Cruea, died.

This information was recently passed on to the LAPD, which still considers the case "open." But they concluded it was unlikely that Ed Cruea committed the murder, since a witness placed him in Texas around the time of Fuller's death. That witness, ironically, was Janelle herself: After giving up her first child, she had gotten married and was delivering her second child at the time that Bobby Fuller was murdered in California. She remembers her father being present at both births.

Do these pieces actually fit together? Ed Cruea could have filed charges against Fuller for statutory rape, but instead he shielded the local El Paso celebrity. Did he go into a rage when "I Fought the Law" began climbing the charts? Did he fly to Los Angeles or hire someone else to kill Fuller? Although I can't say for sure that this is the last word on Bobby Fuller's death, it makes more sense than anything else

that's been uncovered over the past 45 years.

As for John Novak's marijuana case, he was recently offered a plea deal, but so far he refuses to plead guilty because he did not violate the medical-marijuana laws in the state of Washington. ✱

Learn more about Bobby Fuller:



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RYAN SPARKS

HIGH TIMES UNSIGNED BAND OF THE MONTH SOUL REBEL PROJECT

The world of reggae- and Caribbean-inspired music is a vast and ever-expanding one thanks to the contributions of various singers and musicians across the planet. Following in this tradition is the Soul Rebel Project, a reggae/rock band hailing from Boston, MA.

The Soul Rebel Project began when singer/songwriter Mike Francis Jr. parted ways with the group Mile 21. After writing nearly two albums' worth of material, Francis took the idea for SRP to his close friend Adam Saylor. The two immediately began work on the band's upcoming debut album, *So Much Misunderstood* (set to be released in fall 2011), and from the first note of the very first rehearsal, a new Caribbean-inspired vibe was created.

Working and playing hard all over New England, the Soul Rebel Project has had early success with singles like "Blood Money" and "Informer," getting regular airplay from various college radio stations and playing stages alongside top reggae artists such as Barrington Levy, Giant Panda Guerilla Dub Squad and Lee "Scratch" Perry.

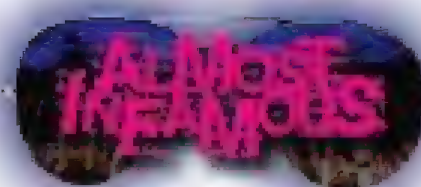
For more information on Soul Rebel Project, including audio samples and tour dates, head to hightimes.com/soulrebelproject.

MISS NOVEMBER

NAME: Ashley AGE: 26
OCCUPATION: Hip-Hop Artist
PROFILE: Lil'V
CITY: Cranston, RI



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BY BOBBY BLACK

31 FLAVORS

Nestled high upon Telegraph Hill, in a private compound in the shadow of Coit Tower, the expert judges for the 2011 San Francisco Medical Cannabis Cup spent a week sequestered, laboriously sampling the entries, taking notes and coming to a decision—a task even more daunting in the case of the cannabis-infused edibles. Sure, aesthetic criteria such as appearance, smell and taste were no great challenge ... but potency? Dosage? Effectiveness? How could one fairly and accurately judge such qualities in a staggering 31 different cakes, candies and tinctures? Obviously, taking full doses of everything wasn't really an option, so a methodology needed to be developed—and as HIGH TIMES' judging coordinator for the edibles category, it was my job to instruct and advise the secret panel of medical-marijuana patients on how to do just that.

Twenty years ago, if you wanted to eat your weed, your options were pretty much limited to skunky-tasting brownies or hard, puke-green cookies. Then, just over a decade ago, not long after Proposition 215 began to take off, pioneers like canna-chef extraordinaire Chris Bliss starting cooking up delicious gourmet candies to service the ever-growing medical market. Today, the quality and variety of edibles available is staggering—as evidenced by this year's entries.

There was a diverse array of products to choose from: olive oil, ice cream, suckers, gummies, cookies, even baklava and Chex-style mix. And, of course, lots and lots of different chocolates, which are always immensely popular. Many of the entries had clever names like Weedchamacallit, Bud-derscotch, Gummi Cares and Dieselmels. Some entries were delicious but not exactly healthy (too sweet or fattening), while others were very healthy (energy bars, tinctures) but a little lacking in the flavor department. Some entries had very professional packaging, with detailed information

about ingredients and dosage; others were simply wrapped in plastic with the dispensary name stickered on. But they all had one thing in common: They were all medicated enough to lay you out if you weren't careful.

The system we developed was simple:

Start the day with the *sativas* and end with the *indicas*. Consume about a half-dose of each entry, taking notes on appearance, flavor and originality, and then wait. A couple hours later, the medicine would be in full effect, and notes would be taken regarding potency, high and overall bodily feeling. As soon as the effects began to wane, it was time to sample another entry and repeat the process all over again.

Watching the judging unfold was ... well, pretty humorous, honestly. On some days, the judges were blissed out—on others, not unlike the walking dead. Their comments about the samples ranged from "yummy" to "yuck," "decent," "too weedy," "like homemade," "labeling unclear," "puts me to sleep" and even "made back spasms go away." In addition to the subjective criteria, judging czar Nico Escondido had developed a weighted, numerical scoring system that required the judges to—frightening as it may sound—do math. Thankfully, with all the entries having been tested by Steep Hill Lab for their THC, CBD and CBN content, the potency was quantified right there in black and white.

At the end of the week, Nico convened the council of judges, who discussed their thoughts and comments and tallied up all the scores. So which tainted treat took home the coveted Cup? To find out—and to read more about the 2011 San Francisco Medical Cannabis Cup—turn to page 80.



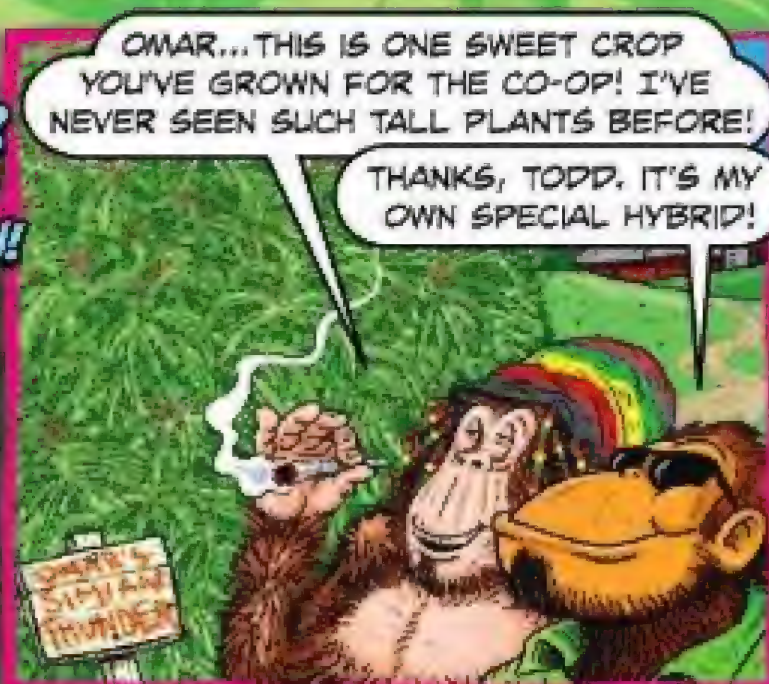
Top to bottom: cake pop from Green Door; white chocolate macadamia frozen banana from Central Cali Caregivers; baklava from Greenway Compassionate Relief; Bhang Chocolate's Fire Bar.

See all of the edible entries:



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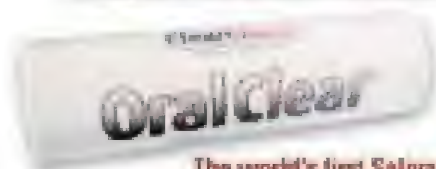


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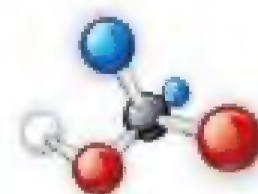
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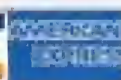
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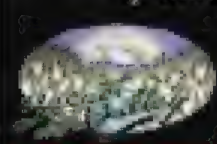
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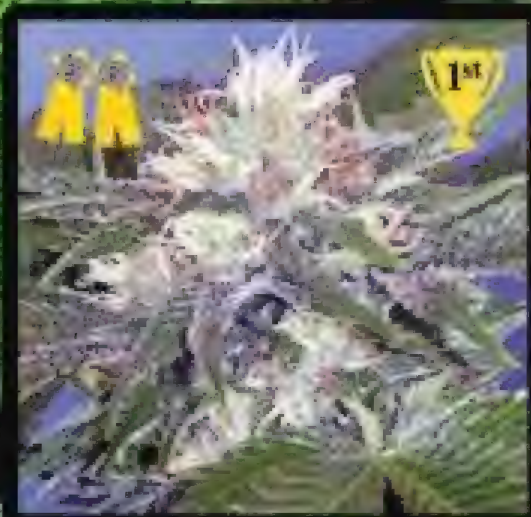
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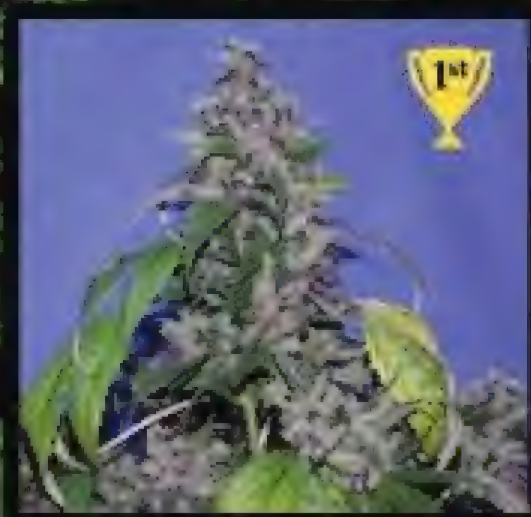
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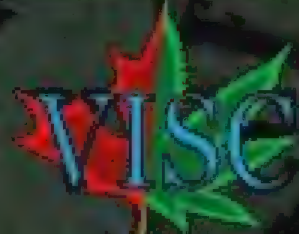
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FATE CARRIES US TO DESTINATIONS WE NEVER IMAGINED—SUCH AS MAINTAINING AN ENORMOUS INDOOR MEDICAL GARDEN OF POT PLANTS UNDER THE BROILING SUN.

STORY & PHOTOS BY DAN SKYE

What's that old saying? Oh, yeah: *If you can't stand the heat, get out of the kitchen.*

The same can be said for a growroom, especially if it's located in Palm Springs, CA, where the temperature reaches triple digits for 100-plus days of the year. And if your growroom serves over 4,000 patients in this region, heat is more than a frequent concern—it's an omnipresent threat.

Stacy Hochanadel knows all about heat. He's the owner/director of the Cannahelp Collective in Palm Springs, the leading medical-marijuana dispensary in the Coachella Valley region. Cannahelp houses a massive growroom of 10,000 square feet. Keeping a warehouse of pot plants cool in this furnace-like climate means that the topic of heat is never far from Stacy's thoughts.

His journey to this desert mega-garden was an arduous one. Stacy's a Palm Springs native with roots going back four generations. In 1995, he was 17 years old and nearing graduation—a 285-pound star lineman in football with a full scholarship to the University of Colorado. But life doesn't always correspond to our dreams.

While visiting Lake Havasu in Arizona, he was infected by a parasite that brought him to the brink of death. After a year and a half at the UCLA Medical Center, he was discharged and forced to start life all over again. His large intestine had been removed, his magnificent body had been wrecked, and he now had a drug problem that was slowly killing him. He'd been living in nearby Laguna Beach while receiving treatment. Now on his own, Stacy says his life was reduced to a cave-like existence: "Windows closed, TV always on, and me, living my life as a slave to the cycles of my pain and my medication."

Medical experts agree that stomach pain is the most debilitating. "It pulls your center down and attacks the central nervous system," Stacy explains.

The heavy regimen of pharmaceuticals was slowly killing him. A good friend, a pharmacist's aide, advised him of exactly that. The year was 1996, and Stacy's friend suggested pot instead. Ready to try anything, Stacy bought his first eighth and a Grafix bong. Life immediately changed.





Stacy Hochanadel oversees the massive grow op of Cannahelp in Palm Springs, CA.



Thirty strains are cultivated in a 10,000-square-foot growroom.

"It was miraculous," he recalls. "It eased my pain considerably. You have to understand: I never smoked pot in my life. I'd been a tough football player, and I wouldn't take anything."

The next day, Stacy visited a hydroponics store and joined the state's army of medical growers.

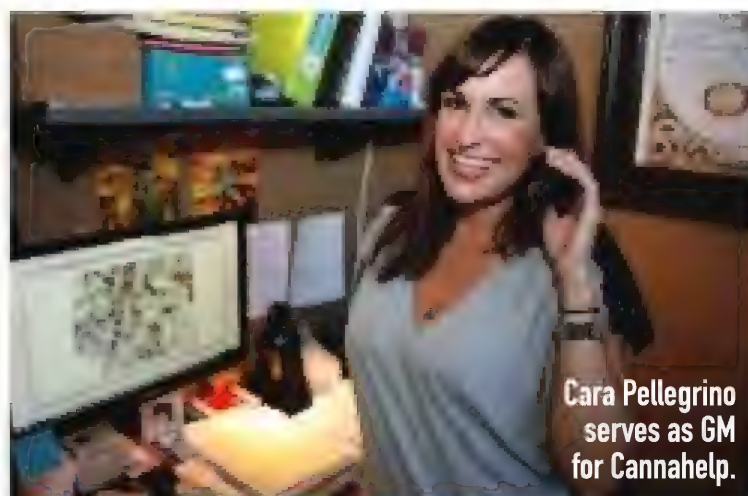
A few weeks later, California passed Proposition 215, making medical marijuana legal statewide.

For the next 10 years, Stacy was able to provide medicine for himself. But in 2005, now married with children and living in Palm Springs, he decided to stop growing and acquire his medicine through dispensaries. Unfortunately, the closest facility was two hours away in Los Angeles.

"I was working construction. Our family has worked in construction for years," Stacy says. "But in order to get my medicine, I'd have to leave work, lie to my dad. My wife would be pissed because I'd be gone for five hours to get this product; it cost a lot of money and would only last two weeks. I was living this secret life just to get my medication. I got pissed off one day and decided to see what I could do about opening a dispensary."

There were no collectives of any kind and no medical scene to speak of in Coachella Valley. Also, this is a part of the country rife with conservative voters. But Stacy was undeterred: He found a location in Palm Desert, about 20 miles east of Palm Springs, acquired a business license and opened his doors.

A different kind of heat soon ensued. Multiple attempts were made to shut Cannahelp down. The city challenged the legitimacy of his busi-



ness license. Search and arrest warrants were issued. Stacy remained defiant—until the day that Palm Desert established a safety commission. As one might expect, its first order of business was to declare Cannahelp unsafe. After two years of fighting, Cannahelp closed down.

Stacy returned to construction in Palm Springs, but the work was harder on him now. "In my family, you gotta work on the job!" he laughs. "Forty hours a week with no intestine, no absorption of water in the summer's 120-degree heat—I couldn't work summers. I started to get depressed."

But not for long. "In some ways," he muses, "I feel this is what I was meant to do. I do want to change this world for my four kids."

Stacy decided to reopen Cannahelp in Palm Springs. He obtained a business license, worked closely with city managers and attorneys—and when California issued fresh guidelines in August 2008 for medical-marijuana patients and dispensaries, Stacy announced that he would open Cannahelp's doors again within a few weeks.

When the city dragged its feet on writing a

municipal ordinance for medical-marijuana dispensaries, Stacy stirred the pot a touch more by calling the media and announcing that he was opening anyway. Still, hoping to maintain a good relationship with city officials, he acquiesced to their wishes and closed down a few days later. But while awaiting a green light from the city, he built the infrastructure of Cannahelp on a sprawling industrial property.

So when he finally got the go-ahead, he was ready. There have been speed bumps along the way—such as the complete overhaul required of the facility to make sure it strictly complied with fire codes—but today, Cannahelp is a fully licensed and valued member of the local business community.

Its headquarters is a former print shop that closed down, leaving its employees—some with 20 years of service—hung out to dry. Stacy added them to his staff as maintenance and security personnel. Nine employees now make up the Cannahelp staff, including two budtenders and five growroom workers. Cara Pellegrino serves as the company's general manager and oversees the financing of this massive operation.

"People hear about our 10,000-square-foot growroom and figure that we're making tons of money," she says. "But in order to operate legally, there are attorneys, taxes, insurance, not to mention our own huge debt that we must finance—and we have to be strictly compliant with all city codes. We're held to a higher level of expectations than most other businesses, and we're not afraid to meet higher standards. We just think they should be the same for everyone."

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Babanya Tek stands at less than 2" tall, and is 1 5/8" in diameter. It is made from 60-61 Aircraft aluminum, on a CNC machine. Made in the U.S.A! The pipe also has cooling fins, to keep the device from getting hot. The kit comes in five, anodized, colors. Pink, Red, Blue, Black, and Clear aluminum. The case also has a sealed compartment to freshly hold your product.

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Grape Ape, just days before harvest.



Palm Springs has licensed only three dispensaries, but there are 32 operating at present. Cara says, “We operate honestly and openly. We want everyone to know that we are lawful and fully compliant.”

Realistically, the operation of an indoor garden this size—especially when it’s situated in America’s blast furnace—allows little time for Cannahelp to worry about competing collectives.

The growroom is housed in the same facility as the reception area and company offices. Upon entry into the growroom, a visitor is greeted by aisles of luxuriant cannabis greenery ensconced in drain-to-waste tables. (Many growers prefer drain-to-waste systems because they provide better control over the plants and help prevent diseases.)

“We use either four-by-four or four-by-eight-foot drain-to-waste tables,” Stacy explains. “When we first plant the clones in the garden, we water every four to five days. As the plants get bigger, we have to increase watering to every two to three days. We have a 2,600-gallon RO [reverse-osmosis] tank that feeds the 550-gallon reservoir in which we mix the nutrients. We use every drop of our 550-gallon reservoir each time we water.”

Stacy has been a fan of Advanced Nutrients products for years, especially Sensi Grow and Connoisseur. Lately, however, he has developed a great deal of admiration for the products

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of Aurora Innovations, such as their Roots Organics and Soul Synthetics lines.

“We’ve noticed that other growers, who are growing in the same envi-

ronment as we are, are getting better yields, better taste and better crystal formations in their plants with these products,” he says. “Advanced Nutrients has changed their line a bit where you now have to mix your nutes more. I can’t do that. I can’t go back to zero—I can’t put my operation at risk because they changed their formula. We’re already spending \$6,000 a month on nutrients.”

“More like \$7,500,” corrects Cara.

“All of our waste nutes get used in the landscape planters around our building,” Stacy adds. “We reuse and donate our soil for local vegetable gardens as much as possible, since it’s full of perlite and super-high quality.

“We also use a good dose of beneficial bacteria like Tarantula, Piranha, Actinovate and Microbe-Lift. Every two weeks or so, we water with beneficial nematodes to help control insects at the larva stage. We don’t really have that problem, but we do it anyway.”

The real key to success in the desert, obviously, is beating the heat. There are 75,000 watts of light showering down on Cannahelp’s gardens. As Stacy lays out his tactics in the endless battle of heat versus cooling, A/C specialists are doing maintenance on the system.

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A desert growroom of this size requires a massive A/C expenditure.

"It never ends," Stacy sighs. "Our energy bill tops \$12,000 a month. We've installed a lot of extra venting for all of our rooms, and we have extra-heavy-duty A/C units. We also require a lot of dehumidifiers, since the moisture levels can get really high. Humidity can put you in danger for powdery mildew; it also slows down the cure time during harvest. When temperatures top 120 during the summer, we have to be prepared for anything."

The garden is laced throughout with trelliswork, which is especially necessary to support the taller, lankier *sativas*. Heavy buds can weigh down plants, which require support—after all, the last thing a grower needs is broken stalks. Stacy explains that Cannahelp's trellises are constructed out of PVC and usually have two or three tiers of netting.

"We even net the sides of the tables to give the plants extra support," he says. "But before we flip into flower and change the lights to 12 and 12, we try to give the plants a more lollipop shape: We strip all the bottoms off the plants and remove excess growth. There's no sense leaving a bunch of growth on the bottom of the plant that won't get good light and will only produce small, larfy nugs. It also allows for much better air flow and light distribution."

But all of the effort in creating this immaculately appointed grow op is worth it. Cannahelp currently has 30 strains available to the medical-marijuana public. All are tested for potency by Steep Hill Lab

Northern Lights, a classic strain grown to perfection.



Jurgen Weiss manages the Cannahelp gardens.



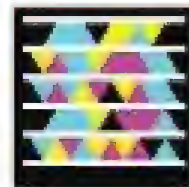
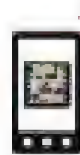
of Oakland, CA. Their Kush strains continue to be the most popular, but Green Crack—with a whopping 24 percent THC—has been attracting attention as well. Palm Springs Diesel is a truly great strain, as is their rendition of Martian Mean Green. Old-school strains are on the menu, too—classics like Northern Lights.

Although the desert heat will always require "negotiation," as Stacy puts it, the political heat started to ebb once Cannahelp's importance to the local community became clear.

"We think we're a unique cooperative in many ways," Stacy says. "We work with the Desert AIDS project. The patients we serve need us, and we need them. We have needy patients who donate their time, doing things like cleaning windows and pulling weeds in exchange for medicine. We work with patient volunteers only to trim the crop during harvest—they, too, donate their time in exchange for medication. Some patient volunteers work in the garden. We're encouraging a warm, family-like community here." 🌿

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110g	110 €



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10g	12 €
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70g	70 €



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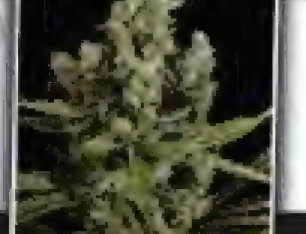
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75g	75 €



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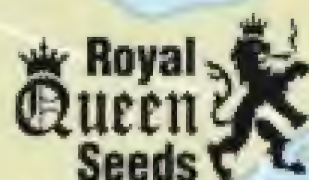
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BELLADONNA	158.00	134.30
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DELHAZE	164.00	139.40
NEBULA	164.00	139.40
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NIRVANA

REGULAR PACKS OF TEN

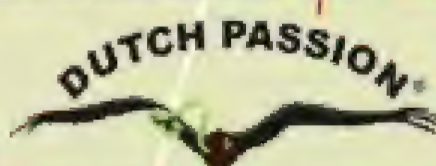
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NORTHERN LIGHT (AUTO FLOWER)	96.00	81.60
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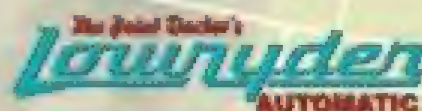


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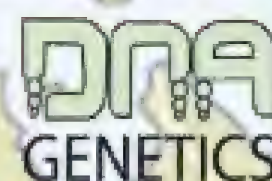
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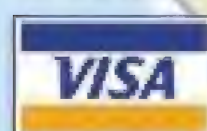
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21 GROWROOM TIPS & TRICKS FROM THE PROS

THE HIGH TIMES CULTIVATION DEPARTMENT REACHED OUT TO SOME OF THE BIGGEST NAMES IN THE CANNABIS WORLD FOR THEIR EXPERT ADVICE ON HOW TO SUCCEED IN GROWING GREAT WEED. WE'RE PLEASED TO PRESENT THE FOLLOWING WORDS OF WISDOM FROM THE CREAM OF THE CROP OF PROFESSIONAL CANNABIS FARMERS.

WIRE DRYER

Instead of putting your trimmed herb onto coat hangers to dry, go out and get some 6-foot-tall square wire deer fencing. Cut it into 6-foot sections and secure the sections onto cylinders. Stand the cylinders up and use them to hang your drying herb on. Nothing works better for saving space and tackling the issues related to damaged herb.—Addison DeMoura, Steep Hill Lab, steephilllab.com



MAINTAINING MOTHER PLANTS

The best production gardens (i.e., those with more than two HID grow lamps) are almost exclusively filled with clones taken from healthy mother plants. And the best mother plants are never flowered—rather, as the mothers grow from seed, clones are taken from them and flowered out instead to determine their sex and the quality of what they'll produce. The corresponding mother plants remain in the vegetative stage in large containers under metal halides or plenty of fluorescent grow lights and fed a mild vegetative nutrient solution high in nitrogen.

—Danny Danko, *HIGH TIMES* senior cultivation editor, dannydanko.com

SPARKLING CLONES

I discovered the benefits of sparkling water a few years back thanks to another grower's tip and have never heard anyone else mention it. Purchase a bottle of sparkling mineral water and put it to use when taking clones: Fresh cuttings from a mother plant crave the essential minerals as well as the tiny carbonated bubbles. Placing your fresh cuttings in a cup of mineral water before using your cloning solution will make the clones root faster and increase their survival rate (though make sure you grab the unflavored kind). Bubbles are a happy sound to the plants, and they will soon show their approval with quick, abundant roots.

—Mike from Gage Green, gagegreen.org



21 GROWROOM TIPS & TRICKS FROM THE PROS



GROW ORGANIC

The No. 1 tip I'd give anyone would be to *go organic*. Not only will you save time and money in the growroom, but it will also help lessen your carbon footprint and provide you with higher-quality cannabis that burns properly. Go green, grow green. We already have an overdependence on petrochemicals, so why pour fertilizers made of these substandard ingredients on our plants? I say no! Growing organic won't only make a difference in your growroom—it will change your life.

—Shiloh Massive, NorCal legend



LABEL EVERYTHING

Depending on whether your plants are in pots or in beds, there may be some variation in this method—and even with natural preventive-maintenance sprays such as neem oil to combat predators, as well as the amazing permanent color markers available today, the strain names will eventually fade away if one doesn't pay close attention.

So, with all that being said, and knowing a little bit about insurance, I like to prepare many identical labels for my plants and place them in multiple spots—in the containers, on the sides of containers, under the containers, and tied to the plants (especially when the plants are in beds)—to ensure that there's no possible mix-up of strains. As the breeder and creator of Delta-9 Labs, I've seen several so-called breeding facilities over the past 15 years while living in the Netherlands that were quite disorganized, dirty and even potential fire hazards. Keep it safe, smart and cerebral, and keep it clean and well organized!

—Ed Borg, Delta 9 Labs, delta9labs.com

EMULSIFY

The old saying has it that “oil and water don't mix,” but that little problem has now been solved. To mix cold-pressed neem oil with water, first emulsify the neem oil using liquid silica. To make this emulsification, mix 1 tablespoon of Dyna-Gro neem oil and 1 tablespoon of Pro-TeKt silica in a glass dish. Add this oil/silica emulsification to 1 gallon of tepid water, then add 2 tablespoons of a surfactant like T&J Enterprise's yucca juice to break the surface tension. Shake the solution to activate the yucca saponins and then spray.

—Matt Rize, medicalmarijuana.com

DON'T WAIT

I think the best tip I can offer is to be diligent in all things growroom-related. Our hobby is not one that allows for procrastination, and when it's time to transplant or take clones or just perform the proper maintenance, these are things that won't wait till tomorrow. The best growers I know have a special attention for detail and tend to operate tidy, clean and organized work areas. I think people get caught up in the mystique of cannabis cultivation and forget that, at our core, good growers are simply farmers—and that means getting up early and working long days. You get out of a garden what you put into it, and if you mix some love and passion in with the hard work, great dank will be the result.

—Subcool, TGA Genetics, tgagenetics.com

PLANT LIFT

The best advice ever given to me was from Soma, who taught me to pick up the pots and feel the weight of the plants before each watering to avoid overdoing it. As for what I discovered on my own: You should always listen to your plants. They'll tell you when they need more food, water or air. Learn to treat them as the wonderful living beings they are.—Harry Resin, *HIGH TIMES* cultivation contributor

PROPER FLUSHING

It doesn't matter what kind of medium you use: Mineral fertilizers will cause salt buildups, eventually resulting in the intoxication (i.e., poisoning) of your plants if proper flushing isn't applied. The purpose of flushing is to cleanse the medium, and as a consequence a lot of water flows through the containers down to the ground, so it's very important to drain away that excess water to maintain the right climate. (Too much water in the growroom will cause air humidity to climb fast, creating all sorts of issues.) In my experience, flushing with an amount of water up to three times the volume of the medium is even more effective, as long as the drainage is quick. Also, flushing is best done at the beginning of the light cycle so as to favor the evaporation of excess water and let the medium begin the drying process faster afterwards.

—Franco, Green House Seed Company, greenhouseseed.com

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21 GROWROOM TIPS & TRICKS FROM THE PROS



STAY ORGANIZED

Blaze your own trail in the world of growing, but allow the wealth of knowledge that's already out there to be your guide. Don't get mired in your own methods: Too much pride in your growing style or fear of failure will limit you. Your plants are what you make them, and a perpetual-harvest cycle will allow you to individualize your techniques for each plant's specific nutrient and water needs. Organization means less work, so change one thing at a time and have patience. And when you find something worth sharing, keep the growing community alive and don't bogart your knowledge. —Jessi & James, winners of the 2010 Oregon Medical Cannabis Awards

JUICING WITH ENZYMES

Organic soils and fertilizers will always be the preferred method for growing great herb, but without some assistance, they release their vital nutrients slowly, which can really be a drag on your flowering times. The only way to maximize their effectiveness the all-natural way is the same way our own bodies swiftly break down food into usable minerals: enzymes. These are protein catalysts that speed up the decomposition process in organic matter, unlocking the stored molecules it contains. For example, bat guano—which is packed with phosphorus thanks to the bat's insect diet—also contains powerful enzymes to break it down quickly and prevent it from accumulating on the cave floor. Together, the phosphorous and enzymes make bat guano a potent and fast-acting flower fertilizer. Seabird poop is another cheap and sustainably harvested fertilizer with active enzymes. Likewise, psidocene—an enzyme and biostimulant derived from seaweed—helps speed the recovery of transplanted or otherwise shocked or stressed plants.

—Ben Kind, *HIGH TIMES* cultivation reporter



TRANSITIONAL FEEDING

Plants don't need flowering food until they've got flowers forming. Keep plants on full-strength vegetative nutes through the first week of flowering for *indicas* and the second week for *sativas*, then combine both veg and bloom formulas for a week. Likewise, plants will benefit from continued metal halide (MH) lighting for a week or two into the flowering stage.

—Kyle Kushman, *HIGH TIMES* cultivation reporter extraordinaire, kushmanveganics.com



SUPERCROPPING

Pinching, twisting and bending the tops of your plants are all forms of supercropping. Doing this will benefit your garden considerably by preventing plant stretching and the waste of valuable light and space. Supercropping can be performed at almost any stage of a plant's life, from well-rooted and established clones all the way into the middle stage of flowering (although bending is preferable to pinching by that time). If you haven't tried some form of supercropping, give a few of these techniques a whirl and see which ones work best for you and your plants.

—Felix Green, *HIGH TIMES* cultivation contributor



LIGHT RIGHT

One of the common mistakes that indoor growers make is to not maximize their light. Indoor gardens require a minimum of 33 watts per square foot—so, for example, with a standard 4' x 8' tray (32 square feet) and two 1,000-watt high-pressure sodium (HPS) lights, you would achieve 62.5 watts per square foot, thereby doubling the recommended amount of watts.

But if you don't properly contain your light, you'll waste it by illuminating walkways, walls, etc. You are not growing concrete or sheetrock; you're growing plants—so it's extremely important that the light penetrate only the plants and not escape the growing area. The easiest and most cost-effective way to contain your light is to use white plastic divider walls, leaving a 2-inch gap from the wall to the plants. By doing this, you should see a dramatic increase in your yields.

—Bret Bogue, *Apothecary Genetics*, apothecarygenetics.com



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21 GROWROOM TIPS & TRICKS FROM THE PROS

THE 'FOUR PS'

Plants that grow bushy with even branching can yield bigger under artificial light sources, producing consistent, dense bud quality from the tops to the bottoms of your medical-cannabis plants. Follow these "Four Ps" and you can't miss: 1) *Pinch* out the central growing point on established vegetative plants to promote bushier plants that yield all "tops" (but do not pinch your plants if the crop is less than 14 days away from the beginning of the bud phase). 2) *Pluck* fan leaves away sparingly, since these are energy factories. You should only pluck fan leaves if they're blocking a lot of the light from other growing points on the plant—and it's always smart to consider trimming a leaf blade or two away instead. 3) *Patience* is a virtue, and to be a good grower, you have to exercise plenty of it. 4) *Pruning* is best done all at once—for example, in the second week of flowering. Constant pruning creates stress on your plants, as they are forced to keep "rewiring" themselves.

—Erik Biksa, *HIGH TIMES* Canadian cultivation correspondent, hydroponicssecrets.tv



GREEN LIGHT

It's important to catch pests, infestations and molds early and act immediately when you find them. Insect secretions (a.k.a. bug poop) and powdery mildew on foliage surfaces appear to glow at night under a green headlight or UVB light. Take a closer look! —Jorge Cervantes, *HIGH TIMES* cultivation editor-at-large, marijuanagrowing.com

LIGHT SUPPLEMENTS

One of the best uses of power when growing indoors is to supplement your high-intensity discharge (HID) lighting with fluorescents such as T5s or CFLs (compact fluorescent lights). These not only offer some of the best light spectrum for your plants, but they're also very efficient in terms of electricity usage and emit very little heat. Additionally, fluorescents can be placed lower on the side walls to better penetrate the garden canopy and effectively get light to the middle third of your plants.

—Nico Escondido, *HIGH TIMES* cultivation editor

PROPER GENETICS

When it comes to growing cannabis, nothing makes sense without an understanding of genetics—*nothing*. Good cannabis genetics are everything. Give me a grower with a 1,000-watt HID and bad genetics, and I will show you a grower who's fared far better with fluorescent lights and some good genetics. On the other hand, give me a grower with a 1,000-watt HID and good genetics, and I will show you Superman. Behind every stunning grow, every breathtaking bud photograph, every unbelievably gorgeous and dazzling bag of bud, every memorable cannabis experience, there was someone who paid for good genetics to begin with. Even a thousand-dollar growroom is ineffective without the right DNA to put into it.

—Greg Green, author of *The Cannabis Grow Bible*, greencandypress.com



ALL YOU NEED IS PATIENCE

The thing that was hardest for me to learn—and I still wish I had more of it—is patience: You can never have enough when you're growing. Keep it simple, keep it clean, and keep it green.

—Swerve, *the Cali Connection*, thecaliconnectionltd.co.uk



STAY GREEN

Always grow organic! It's the most conscientious choice for the health of our bodies and the health of our planet. We must learn to take responsibility for all our actions. Also, fight against GMOs (genetically modified organisms). Grow from seeds and learn to make your own—this way, you can perpetuate them. Cannabis can be so many things: medicine, food, textiles, peace and relaxation, even a change in consciousness. It can heal the sick, repair the environment, and restore our balance with nature. —Valerie Corral, *Wo/Men's Alliance for Medical Marijuana*, wamm.org

HYDROGEN PEROXIDE FOR HYDRO

H₂O₂ not only keeps bacteria and algae at bay in non-organic hydro systems, but it also releases precious oxygen in the root zone as it works its magic. It's especially good in reservoirs that run hot—water above 72°F contains less dissolved oxygen, which is necessary to promote bacterial growth. Using 15 ml per gallon of a 3% hydrogen-peroxide solution will not only control algae and bacteria, it will also release oxygen in the water as it kills unwanted biological agents.

—Anonymous NYC hydroponic grow pro

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Will the Department of Defense lead the way in researching MDMA? Will cancer patients drop prescription LSD to face their fear of dying? Can a tiny mushroom make you a true believer? And what are the chances that an entirely new drug will emerge from the jungle or the lab just in time to save us from ourselves?

All fascinating and timely questions, but predicting the future of psychedelics requires an elusive kind of crystal ball—which means even longtime trailblazers still have no idea where the path leads. Then again, whoever said that getting there is half the fun only had it half right

THE FUTURE OF PSYCHEDELICS

BY DAVID BIENENSTOCK

So it turns out that the nerve center of a rising psychedelic renaissance around the world is actually a wholly unassuming split-level house located on a busy street in a small California town—right next-door to a large *taqueria* that's open till midnight seven days a week.

At 9 p.m. West Coast time, a steady rain falls on the roof of the house, steadily watering the two wild fennel plants growing in the backyard, while inside, Rick Doblin, Ph.D., head of the Multidisciplinary Association for Psychedelic Studies (MAPS), huddles before his laptop screen as if for warmth. Doblin speaks directly into the computer, talking about a subject he'll happily discuss at great length with literally anyone, from the FDA, DEA, NIDA, Obama or your mama, to professors, students, doctors, scientists, chemists, anarchists, psychonauts, space cadets, even some guy in a dust-covered giraffe costume at Burning Man.

This time around, the head of MAPS finds himself fielding questions on psychedelics submitted by the online community Reddit. Via the laptop's built-in video camera, his words and smiling face beam out directly from the 25-year-old organization's modest meeting room on the ground floor of this little house in Santa Cruz, CA, to the entire wired universe—starting with a classic good news/bad news breakdown of the current reality.

"Right now, in 2011, there's more research into psychedelics going on than in the last 40 years," Doblin says, forever maintaining a cosmic deadpan even when discussing his most far-out ideas. "But then again, that's only about 10 studies."

Still, up from zero, it's a major improvement.

Last summer, in part to celebrate that long-overdue shift in momentum, MAPS organized "Psychedelic Science in the 21st Century," a major four-day conference in nearby San Jose that brought together hundreds of experts, both accredited and informal, for panel discussions and late-night dissertations on the latest research into mind-bending substances, including how best to move forward. The gathering proved a coming-of-age moment for the re-emerging field, which had only begun to explore the tremendous medical and therapeutic potential of psilocybin, LSD and similar drugs when the United Nations, in the early 1970s, acting under pressure from the US Drug Enforcement Administration, passed a series of international treaties that effectively slammed the lid on this promising research into the use of psychedelics for personal growth and healing.

Nearly 40 years later, with keynote speakers including pioneering psychiatrist Stanislav Grof, best-selling author Andrew Weil, and visionary artists Alex and Allyson Grey, the MAPS conference made headlines worldwide, eliciting almost universally positive coverage while reassuring those in attendance that they're indeed part of a thriving worldwide movement. Soon, stories began appearing in magazines like *Oprah* and *Elle* examining the once-taboo issue of beneficial psychedelic experiences in reasoned, even positive terms—proving that the growing interest in these drugs goes far beyond the research laboratory, the halls of academia and the dance floor.

So what will we discover once we learn to stop worrying and love psychedelics? And where will that knowledge lead us as a society?

Pressed a few times to speculate, Doblin at first seems too focused on hacking through the vines that block his way to lift his head up and wonder where the path leads.

Lately, MAPS has been intimately involved in conducting or helping to fund and promote a variety of projects looking at the potential medical benefits of psychedelics and marijuana, including FDA-approved Phase II studies of MDMA (a.k.a. Ecstasy) in the United States and Switzerland that saw researchers administering the drug as part of MDMA-assisted psychotherapy sessions for the treatment of post-traumatic stress disorder (PTSD). Additional studies of this approach will soon begin in Israel, Jordan and Canada—all part of building up momentum for the large-scale Phase III clinical trials that will be required in order to make MDMA available as a prescription medicine. Eventually, Doblin can envision a future where fully licensed psychedelic centers across the country cater to those seeking the physical, mental or spiritual effects of these powerful substances in a controlled but exploratory setting, though he's careful not to get ahead of himself. Better to just buckle down and focus on finding out if MDMA-assisted therapy can effectively treat PTSD first.

Proving such a thing to the FDA's satisfaction will end up costing \$10 million or more, a staggering sum that MAPS is ready to raise if they can and must, though the organization's founder would much rather see the US Department of Veterans Affairs pony up the dough, seeing as it's the part of the government directly responsible for dealing with the tragic (and costly) epidemic of PTSD among US combat troops. But fat chance of that ever happening, right?



Not so fast, Doblin says, before telling Reddit nation about his recent positive experiences with the Department of Defense and VA—including the top psychiatrist at the Department of Defense, who contacted him to learn more about MDMA therapy for PTSD, and a group of VA researchers who recently asserted that while MDMA research remains too politically charged for the VA to conduct in-house, it's nonetheless worthwhile and should be pursued.

"That's the first time in 15 years we've ever gotten 'It's good you're doing this' instead of 'We want no part of it,'" Doblin says. "And that's a big shift. But the real shift will be when they realize that they're the ones with billions of dollars of PTSD disability

payments every year, they're the ones who went to war and now have this problem, and so they should start studying MDMA themselves." In the meantime, what's stopping the global pharmaceutical industry from getting involved in psychedelics? Primarily, those guys are sticking to the sidelines because the best-known and best-understood drugs in this particular category—including LSD, MDMA, psilocybin, mescaline and DMT are off-patent and would only be administered a few times [rather than administered daily], which takes the profit motive out of developing them into prescription drugs. Not to mention the social stigma attached, and all of the additional regulatory hurdles involved in studying a Schedule I controlled substance. So, at the end of the day, for-profit players like Pfizer and Bayer have no incentive to research whether or not "magic mushrooms" can help people produce peak spiritual experiences that lead to lasting benefits in their lives.

That important question was left to Dr. Roland Griffiths of Johns Hopkins University, who, with taxpayer money supplied by the National Institute on Drug Abuse, administered psilocybin—the active ingredient in "magic mushrooms"—to 36 men and women during a series of eight-hour sessions that ended in 2005. Lo and behold, it turns out that two-thirds of them reported having one of the most—if not *the* most—spiritually rewarding experiences of their lives. Then, 14 months later, a follow-up study found that a majority of the test subjects continued to draw direct benefits from the experience.

Talk about a jumping-off point! So where do we go from here? Could there be such a thing as a science of spirituality, if not pleasure? Should grandma drop acid? Or do we need a *new* drug?

"There's no great need for new psychedelics;



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we just need permission to use what we have to its fullest," Doblin says, though he immediately hedges the bet: "Of course, I felt the same way before I ever tried MDMA, so maybe there *is* some new, undiscovered psychedelic that offers a certain kind of super-clarity or something, and it's different from LSD, different from MDMA Anyway, *The Shulgin Index* will certainly ensure that there are fruitful areas to explore for the next 100 years."

"The Index," as it's sure to be known to the next few generations of psychedelic enthusiasts, represents the compiled life's work of Sasha Shulgin, the brilliant, pioneering psychedelic chemist who brought the world STP, 2CB, DOI and countless other so-called designer drugs. Also, though MDMA was first synthesized in 1912 by Merck Pharmaceuticals, the magic formula remained buried deep within piles of otherwise unremarkable research until 1965, when Shulgin and a former student rediscovered the chemical compound.

In a way, it's hard to relate what a towering and irreplaceable figure he is in the small world of microgram-sized consciousness-changing compounds. Doblin remembers a 1992 meeting with the DEA and NIDA, when government scientists had gathered experts together to discuss a possible renewal of research into psychedelics with human subjects. Asked to argue in favor of the compounds he had known, loved, synthesized and in some cases even discovered, Shulgin—who has always kept one foot in the underground and the other in academia—chose to take the fork in the road and basically came out to the Feds as an enthusiastic end user of his own lab experiments.

In other words, with no "legitimate" data to present on the effect of psychedelics on human

beings, he presented himself—and won them over in the process.

"Sasha's strength has always been that he's open and honest," Doblin says. "He gave the other scientists in the room the courage of his convictions."

He has also now given us *The Shulgin Index*, chock-full of all those fruitful areas still left to explore.

"And those trails are being taken up, let me tell you," Shulgin says, smiling, though he declines to say which rabbit holes he considers most promising. "I'm just glad to see all of the information available and being avidly researched."

Having suffered a stroke earlier this year, that's the first thing he's

said in almost an hour, though he's clearly been closely following a conversation about the future of psychedelics taking place around the kitchen table in his longtime home among the oaks and pines of Northern California. Out back, Shulgin's legendary ramshackle laboratory now sits idle, but it still looks like the hideaway of a rustic mad scientist, including copious cobwebs, a lifetime of neatly scribbled lab notes, and hand-blown glass beakers. If you're into psychedelics, it's like standing in Michelangelo's studio.

"I have been collecting materials from a university here and a company there—anywhere they're told by the environmental people, 'Get rid of these things. They're carcinogenic, they're explosive, they're all kinds of negative things, and since you have people employed here, you can't keep this in stock,'" Shulgin explained in a 2005 interview with *HIGH TIMES*. "So I get a phone call saying, 'We're coming in with a bunch of boxes.' And it's beautiful. It's sort of an idea source. I browse amongst the latest and see what I can do with them."

In total, he's created more than 200 new psychedelic drugs from these chemical odds and ends, using basic equipment found in any laboratory and his own insatiable imagination. Just as importantly, he's led an often lonely, sometimes dangerous campaign to make sure all that's known to humankind about these and thousands of other psychotropic substances remains available to researchers, medical professionals and the general public—including by documenting his own and his wife's direct experiences in books like *PiHKAL: A Chemical Love Story* (the acronym stands for "Phenethylamines I Have Known and Loved"), and *TiHKAL: The Continuation* ("Tryptamines I Have Known and Loved").

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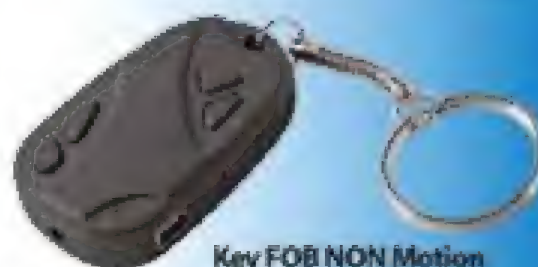
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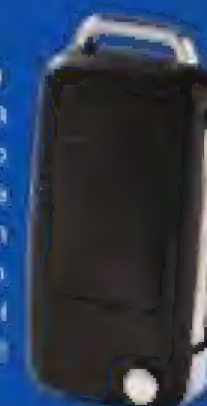
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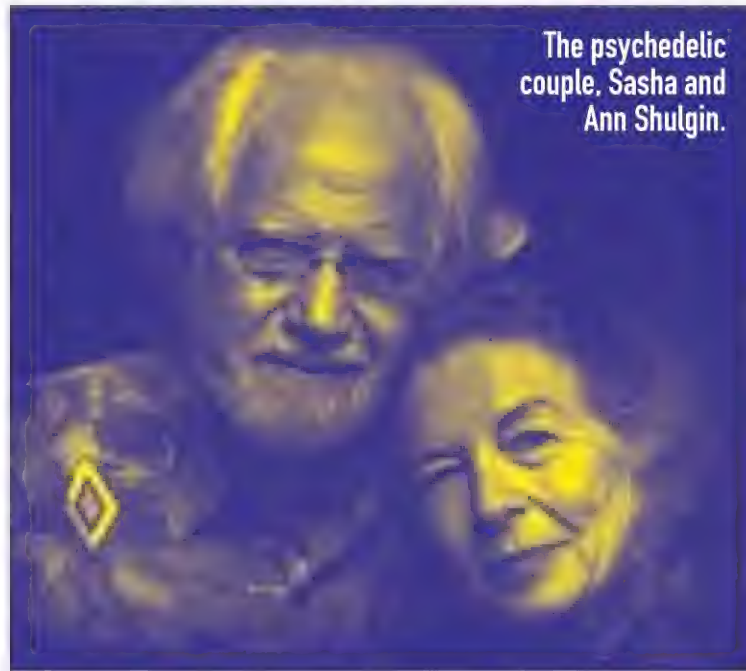
THE FUTURE OF PSYCHEDELICS

He's been raided by the DEA twice since the first of those books was published and asked to surrender his license to work with Schedule I substances, but he's never been made to apologize and has never been charged with a crime.

We're gathered around Sasha's kitchen table, which is covered in sweets, because today's the day the very first advance copy of *The Shulgin Index* is scheduled to arrive from the printer. Unlike *PiHKAL* and *TiHKAL*, which mix scientific observation and hard data with personal anecdote and even a dash of whimsy, the *Index* is wholly a reference work covering over 1,400 compounds, including preferred acronyms, technical nomenclature, street names and code names, along with each compound's physical structure, sketches of how to synthesize it, and tables to scan for structural characteristics—plus info on analytical and biological chemistry, pharmacology, toxicology and legal status.

Unfortunately, the good book ends up arriving a day late

Which is really not such a long time when



you consider that Sasha Shulgin had his own first psychedelic experience (with mescaline) nearly 60 years ago. Or, better yet, if you look back just a little further in human history, past the heavy repression that rules our current global village, and remember that for thousands of years, the world's most advanced civilizations relied on psychedelics to facilitate their most important spiritual ceremonies.

Meanwhile, Ann Shulgin, Sasha's wife, wants me to leave you with a warning: Psychedelics can be a lot of fun, but they must be taken seriously and used responsibly—both for your own sake, and to help ensure that we don't engender another backlash that returns this important movement to the dark ages of all-out repression. So always start with tiny doses of anything and work your way up. Also, keep in mind that just because the guy in the giraffe suit calls it Ecstasy, that don't make it so. Buying drugs made illegally in China from a total stranger carries undeniable risks, and so those who really care about psychedelics would advise you to just say no.

Or maybe grow a few mushrooms of your own ... or track down a *Bufo alvarius* toad's DMT-laden venom ... or hunt down a psychedelic cactus ... or take a trip to Bolivia for a shaman-led ayahuasca ceremony

"Better yet, go study chemistry and get a Ph.D.," says Ann. As the room bursts into laughter, she adds: "That was Sasha's stock advice for a long time." ✨

TOP 10 SACRED PLACES

The Earth's many "power spots"—so called because they have the power to enlighten, inspire and transform—have been drawing human beings to them since ancient times. If you take a psychedelic journey at one of these fabled spots, be respectful: Many sacred sites have great significance to native peoples. In other words, leave only footprints. Here are 10 powerful places for a pilgrimage.

MT. MARCY, NY

Located in the heart of the Adirondacks at an elevation of 5,300 feet, it's the highest peak in New York. Philosopher William James climbed the summit in 1898 and told of a religious experience: "The streaming moonlight lit up things in a magical checkered play, and it seemed as if the Gods of all the nature-mythologies were holding an indescribable meeting in my breast with the moral gods of the inner life." Marcy offers the best views in the eastern US. It's a day climb, so the summer months can be crowded. Tourism has impacted the ecosystem above the tree line, so be extra aware of your actions.

SEDONA, AZ

Sedona was Hollywood's secret location for westerns until the New Age movement "discovered" several vortexes in the region in the '70s. (Vortexes are areas of subtle energy that emanate from the earth.) Ancient peoples journeyed here to perform rituals and ceremonies; modern experiences have been called "transformative." The influx of spirit-seekers did transform the city into a tourist magnet, but there are hundreds of trails along which rugged climbers can situate themselves far from the madding crowd to commune with the spirit world.

NIAGARA FALLS, NY

Why was Niagara Falls known as the "Honeymoon Capital" for years? It's all in the thundering water: The ions released from

the Falls can enhance healing and spiritual well-being. Native tribes in the region meditated at the Falls to increase their courage and vitality. You can't camp here, but you can day "trip" or stroll the park in the evening hours.

CHICHEN ITZA, MEXICO

As 2012 approaches and the Mayan Calendar takes on more significance, why not check out the most important regional capital of the ancient Mayan culture? Located on the Yucatan Peninsula not far from Cancun, Chichen Itza draws massive crowds during the spring and fall equinoxes to celebrate and watch the shadow of a snake descending the stairs of the pyramid, El Castillo. It only happens on those two days, and when you see it, you'll be stunned: How did the ancients—guided solely by the sun and stars and lacking sophisticated technology—manage to build the pyramid with such precision?

MT. SHASTA, CA

Shasta is a snow-capped volcano in Northern California standing virtually isolated in the wilderness at an elevation of 14,160 feet. The Modoc tribe's mythologies revolve around the peak. Some believe Shasta stood on the rim of the ancient continent of Lemuria, which spread over the Pacific. Strange cloud formations are the norm for Shasta. Reports of wavering lights, balls of fire, UFO sightings and eerie sounds have been recorded here for centuries.

SUPERSTITION MOUNTAINS, AZ

Located east of Phoenix, this range of mountains is steeped in, well, superstition. The Apaches believed that it housed the door to the lower worlds; they also called it the "Devil's Playground." In fact, hundreds of paranormal experiences have been reported here, and lingering after dark is said to be foolhardy. Incidentally, this is also the location of the Lost Dutchman's Gold Mine. If you find it, you'll be rich—but you may become unhinged in the process.

SERPENT MOUND, OH

It's been a public park for over a century, but no one is sure why this earthwork (circa 1070 CE), measuring a quarter-mile long and designed in the shape of an uncoiling serpent, was constructed by native tribes. Two burial mounds are located nearby, but the Serpent Mound's purpose remains a mystery. Researchers say the head of the serpent is aligned with the summer-solstice sunset, while the coils may point to the sunrise of the winter solstice and the spring and fall equinox. Others maintain that it was patterned on the Little Dipper. Needless to say, it's a popular meditation site for New Agers.

DENALI NATIONAL PARK, AK

According to native tradition, the mountain is home to Sa, the sun shaman and master of life, while *Denali* itself means "High One" (looks like you're in the right

place!). Some believe that Denali houses the forces of the Great White Brotherhood or Brotherhood of Light, divine beings who have assisted the planet since humans first walked the Earth.

BLACK HILLS AND BADLANDS, SD

The Badlands are awe-inspiring, even if the landscape looks a bit like Mars. This is land where ancient peoples prayed for centuries. The Black Hills are an isolated mountain range extending from South Dakota to Wyoming. They feature skyscraper-like formations and are believed to be the site of creation, or the "heart of it all," for numerous tribes. This is a region where you can lose yourself—and find yourself as well!

MT. KILAUEA, HI

Wanna see the newest real estate on the planet? Then visit Mt. Kilauea at Hawaii Volcanoes National Park. Located 30 miles southwest of Hilo, the Kilauea volcano is one of the most active volcanoes on earth, erupting constantly for nearly 30 years. Witness the primal process of creation and destruction firsthand! There are 150 miles of hiking trails through volcanic craters, scalded deserts and rainforests, as well as a museum and a walk-in lava tube. Traditional Hawaiian beliefs state that Pele, the volcano goddess, lives here. So it's an extra-good idea to be respectful amidst lava pools. You don't want supernatural payback here. ✨

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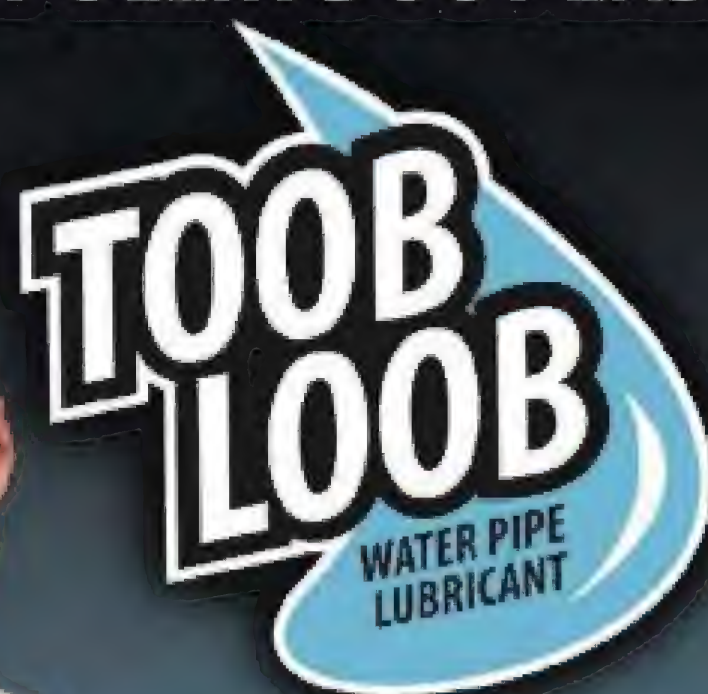
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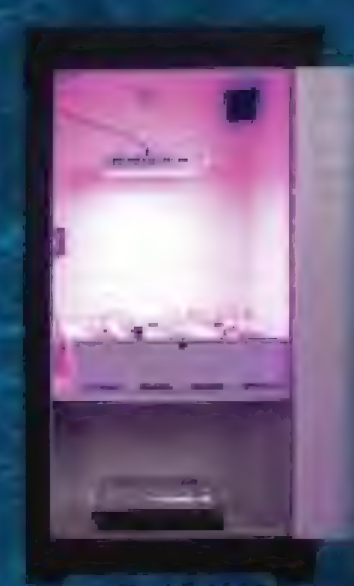
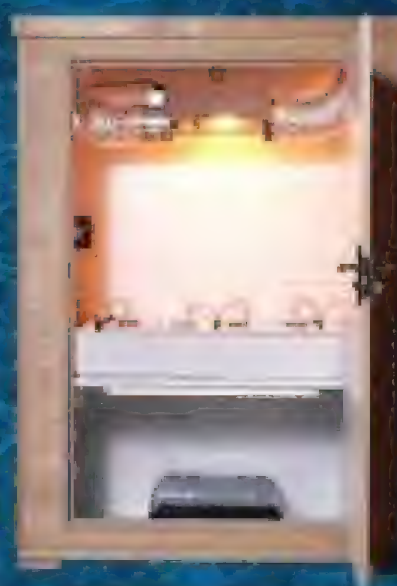
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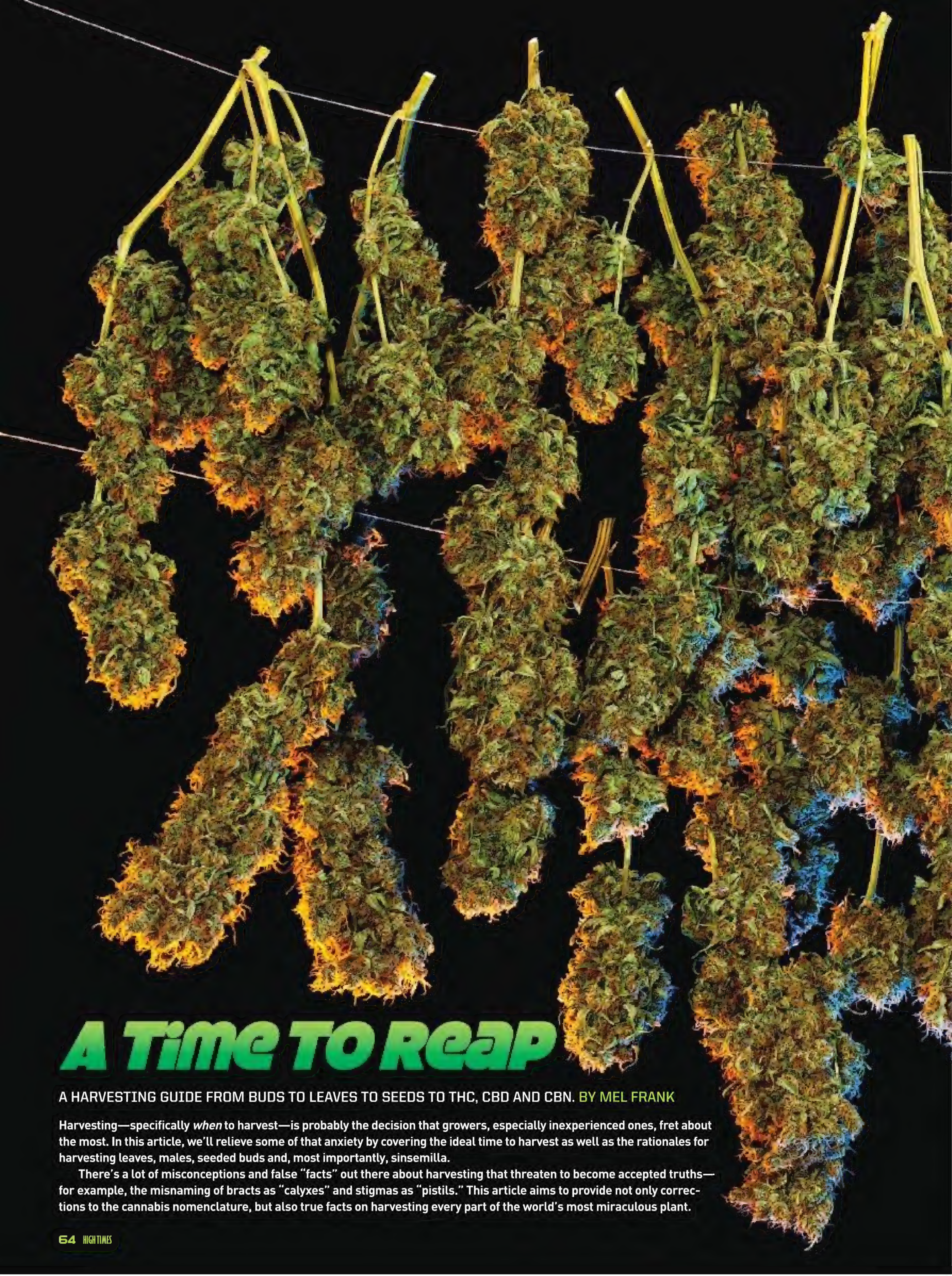
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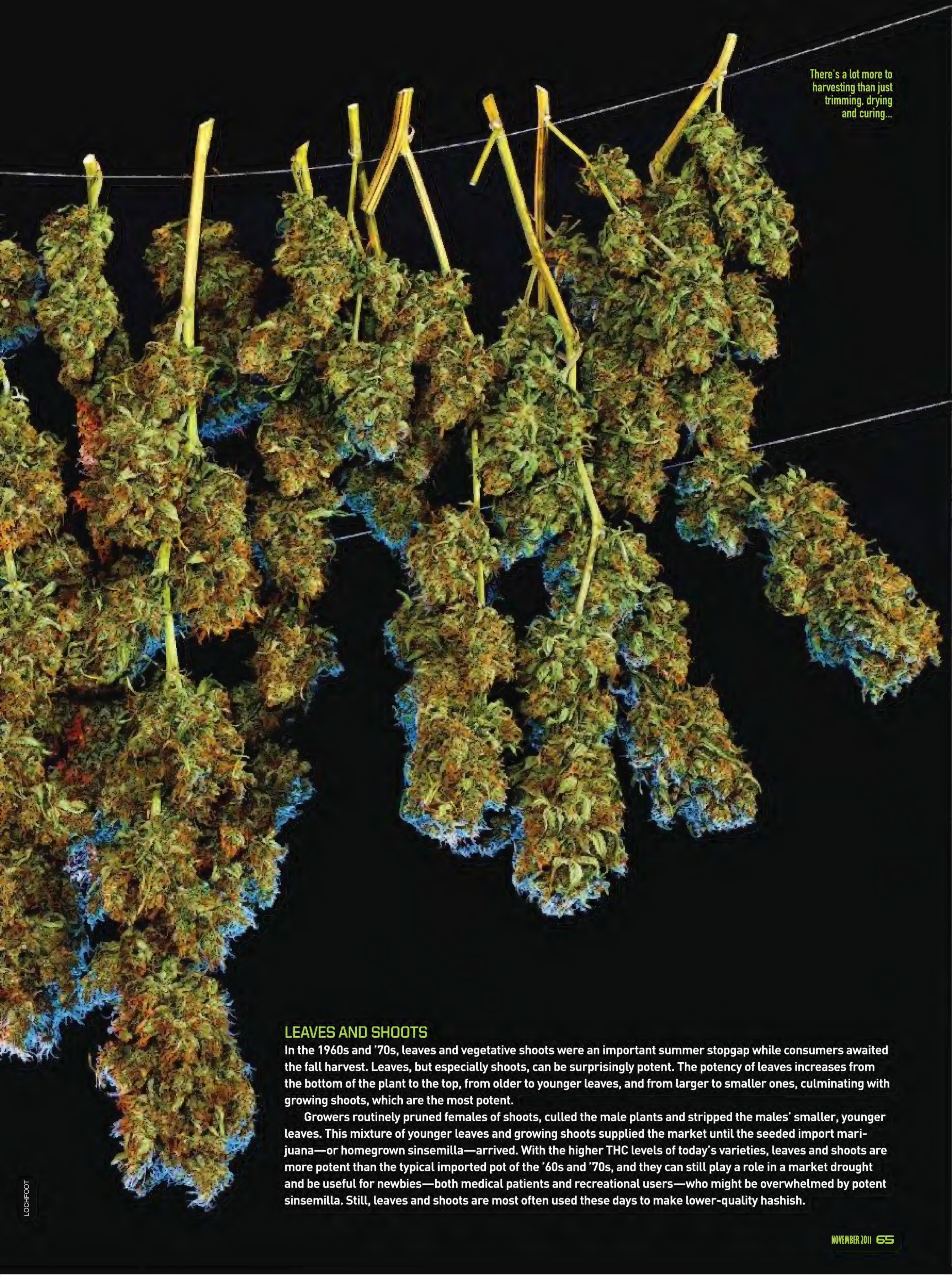


A TIME TO REAP

A HARVESTING GUIDE FROM BUDS TO LEAVES TO SEEDS TO THC, CBD AND CBN. BY MEL FRANK

Harvesting—specifically *when* to harvest—is probably the decision that growers, especially inexperienced ones, fret about the most. In this article, we'll relieve some of that anxiety by covering the ideal time to harvest as well as the rationales for harvesting leaves, males, seeded buds and, most importantly, sinsemilla.

There's a lot of misconceptions and false "facts" out there about harvesting that threaten to become accepted truths—for example, the misnaming of bracts as "calyxes" and stigmas as "pistils." This article aims to provide not only corrections to the cannabis nomenclature, but also true facts on harvesting every part of the world's most miraculous plant.



There's a lot more to harvesting than just trimming, drying and curing...

LEAVES AND SHOOTS

In the 1960s and '70s, leaves and vegetative shoots were an important summer stopgap while consumers awaited the fall harvest. Leaves, but especially shoots, can be surprisingly potent. The potency of leaves increases from the bottom of the plant to the top, from older to younger leaves, and from larger to smaller ones, culminating with growing shoots, which are the most potent.

Growers routinely pruned females of shoots, culled the male plants and stripped the males' smaller, younger leaves. This mixture of younger leaves and growing shoots supplied the market until the seeded import marijuana—or homegrown sinsemilla—arrived. With the higher THC levels of today's varieties, leaves and shoots are more potent than the typical imported pot of the '60s and '70s, and they can still play a role in a market drought and be useful for newbies—both medical patients and recreational users—who might be overwhelmed by potent sinsemilla. Still, leaves and shoots are most often used these days to make lower-quality hashish.

A TIME TO REAP



Harvest when seeds with good color begin to split their bracts.

MALES

Harvest the male plants as soon as they're identified, since their removal opens up garden space for the females and conserves resources. Trying to fully flower male plants for marijuana is pointless: Although the males have large resin glands lining both sides of the five anthers in each flower, the flowers' combined weight is negligible—even in a large male bearing hundreds or even thousands of flowers. Males have their place in breeding programs and seed production, but not in harvesting usable bud.



Bract with amber (aged) resin glands.



Male plants are most valuable for their pollen, not their flowers.



Early, vibrant white stigma development.

SEEDED BUDS

Harvest seeded buds when the seeds begin to "shell out," meaning when you can see seeds with good color splitting their protective bracts. Once you've assessed that the seeds are fully mature, wait no longer, as the bud's potency and weight peak concurrently. With rain or high humidity, mature seeds can actually sprout right inside the buds, and while it may look amusing to see little plants growing in your buds, those are seeds gone to waste. Once shelled out, seeds may soon fall to the ground and sprout.

I believe seeded buds can be as potent as sinsemilla, but the physical act of removing the seeds diminishes the buds' potency; during seed removal, resin is lost on the fingers and glands are broken, exposing the resin to air and light and, consequently, THC degradation. Once the buds are well pollinated, new flowers no longer form, as the plant's priority is now to nurture the seeds, while sinsemilla (i.e., seedless) plants will continue to form flowers and, by harvest time, yield much more marijuana than seeded plants. For maximum production of seeds and marijuana yields, pollinate only after the buds are well formed and the older stigmas begin to curl—an indication that the flowers will soon become infertile because their stigmas are dying.

SINSEMILLA

To relieve some anxiety about when to harvest, keep in mind that the peak potency window lasts at least a week, during which time the bud stays within a few percent of its maximum potency. It's not critical whether to harvest today or tomorrow, but it is critical whether to harvest this week or next. But why would any grower want to wait any longer than necessary? Thieves, authorities, rot, insects and bad weather are all serious threats, and these make the timing of an outdoor harvest more important than indoors. Besides, after a season that escaped all these problems, aren't you anxious to harvest and start the next crop?

I harvest sinsemilla when the flowering cycle is basically ending and additional growth will be minimal and slow. Besides slowed growth, I use three main indicators to decide when to harvest: bracts, stigmas and resin glands. Growers using commercial seeds from reputable breeders also have the breeder's recommendation for the number of weeks to maturation, particularly indoors.

BRACTS

I especially look at the bracts, all of which should be mature and swollen except for the ones at the very tops of buds. I want the topmost bracts to have begun swelling, but not yet be fully swollen at the time of harvest.

STIGMAS

Stigmas are the plant's pollen-catching fuzzy white hairs. Most of the stigmas—a good 90 percent—will have withered and turned rust-colored or brown when it's time to harvest. Also, the few remaining white stigmas will have started to curl and will no longer look fresh, straight and receptive to pollen. All parts of the marijuana plant are covered with resin glands except the roots, seeds and stigmas. Stigmas are devoid of resin, and claims that they are potent are simply incorrect. The only resin that stigmas might have would be resin from broken or secreting glands on the bracts.

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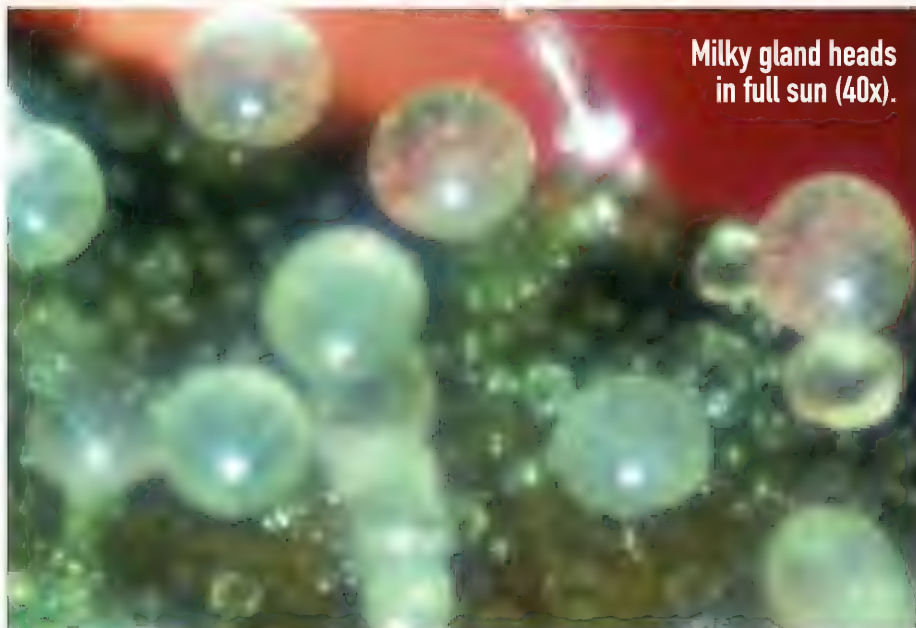


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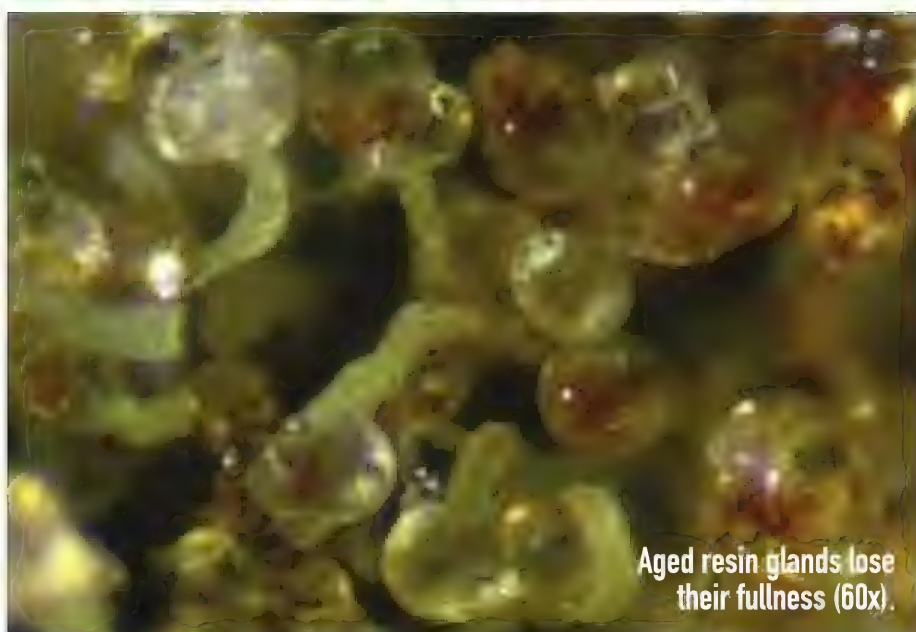
A TIME TO REAP



Long stalks and clear gland heads at peak potency (25x).



Milky gland heads in full sun (40x).



Aged resin glands lose their fullness (60x).

RESIN GLANDS

I prefer the term *resin glands* in lieu of *trichomes*, which is a much more general, non-descript term. The visible resin glands are the capitate-stalked glands that cover the bracts and small bud leaves. These glands account for about one-half of all the THC contained in the plant. Two other types of resin glands, known as bulbous and capitate-sessile, are found on the surfaces of all flowers, leaves, stalks and branches, along with a small number present in interior cells. These account for the remainder of the total THC within the plant.

I use a magnifying lens or mini-microscope to examine the stalked resin glands. On indoor plants, the majority of these glands should be clear or translucent, fewer cloudy/milky, and very few—if any—with color. Resin glands on outdoor plants are entirely different: More often, a good number of the visible glands will be cloudy/milky rather than clear or translucent (although after harvesting, a look inside the buds reveals predominantly clear or translucent glands). Larger bud leaves will often have yellow or amber resin glands, but the glands with color should be a small minority on the bracts. Having some yellow or amber glands is typical on outdoor plants, where the full sun, large temperature swings, bad weather, wet/dry soil and physical damage all take their toll.

Indoors or out, the bulbous and sessile glands finish their development even as the much more important stalked glands continue to grow and accumulate resin. These less significant glands are the first to turn amber and are of lesser concern; it's the large stalked glands that need to be monitored. Of course, if you handle your plants—poking around in the buds, feeling for resin or squeezing them for their fragrance—the stalked glands will break and turn amber regardless of whether your plants were grown indoors or out.

Lastly, remember that not all plants will necessarily be ready to harvest at the same time. Often, the uppermost buds can be harvested while the lower buds are left for another week or two to finish. Treat the plants individually.



A mix of translucent, yellow and amber glands on bracts of a single sinsemilla flower (5x).



TRICHOMES

All mice are animals, but not all animals are mice. Similarly, all resin glands are trichomes, but not all trichomes are resin glands. *Trichome* is a very general botanical term for any outgrowth of an epidermal cell. Trichomes can be scales or root hairs, glandular or non-glandular, single- or multi-cellular, and often appear as hair-like growths. Cannabis has three kinds of resin glands—bulbous, capitate-sessile and capitate-stalked—and several kinds of non-resinous silica and carbonate warts and hairs, all of them called *trichomes*.

Lower leaf surface of the fabled bud variety Garlic.



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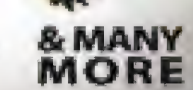
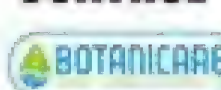
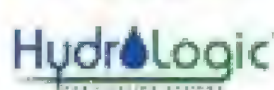
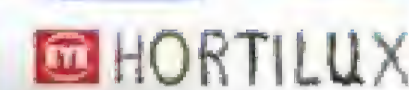
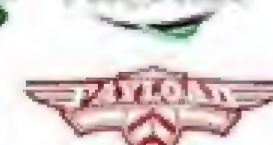
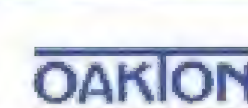
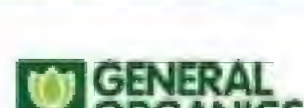
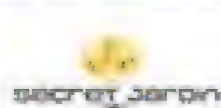


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CANNABINOIDS

The two most oft-repeated misconceptions about harvesting are these: first, that glands change color from clear to amber because the THC within them has transformed into CBN (cannabinol) and CBD (cannabidiol); and second, that amber glands yield a more potent or superior high.

In fact, the color change reflects the aging of the gland contents, and the color itself most likely comes from the polymerization of essential oils in the gland heads; these essential oils give marijuana varieties their distinctive fragrance and taste. The color change may *indirectly* indicate that THC is changing to CBN (though *not* CBD), but CBN is basically non-psychoactive—at the very most, perhaps 10% as psychoactive as THC, if at all. As for CBD, it is not psychoactive and actually attenuates or lessens the effects of THC. So if it were true that amber glands indicate that THC is changing to CBN (or even CBD), obviously this would mean *diminished* potency.

Furthermore, CBN accounts for a very small fraction of cannabinoids when the plants are dried or cured under procedures almost universally used by US, Canadian and European growers (i.e., under moderate temperatures and in darkness). In 1977, the government research program in Oxford, MS, tested two stabilized hybrids, Afghani-1 and African-3, as well as seven landraces: Mexican, Colombian, Thai, Cambodian, and three African landraces. Unbeknownst to the testers, all of these had been grown in my greenhouse in Oakland, CA. I was not a careful manicurist (who had the time?), but all were dried in darkness at ambient temperatures (50°s and 60°s Fahrenheit). All samples were seeded except the Afghani-1, and the buds still had some leaf when tested. In all nine samples, the THC tested from 6.88% to 11.11%; CBD was near absent at 0.02% to 0.04% (or less than 1/200th of THC); and CBN was a minuscule 0.06% to 0.12% (or about 1/100th that of THC).

Such minuscule amounts of CBN were not the case for the marijuana being imported from Mexico and Colombia. Colombian samples routinely

THERE IS NOW GREAT INTEREST IN VARIETIES THAT PRODUCE BOTH THC AND CBD BECAUSE OF THE LATTER'S IMPORTANT MEDICINAL PROPERTIES.

tested at one-half as much CBN as THC. Excellent Colombian might have 6% THC and 3% CBN, meaning fully one-third of the original THC had been lost, converting to CBN due to poor handling, drying and storage. Huge fields would be cut and the plants left to dry in the sun, sometimes in piles, creating hot, almost compost-like conditions—or else the plants were girdled to die and left standing. Either way, the plants’ chlorophyll would be destroyed in the tropical heat, leaving the harvest with its characteristic brown or gold color (hence “Colombian Gold”).

Oxidation of THC to CBN becomes very serious once temperatures reach the 90s. Incidentally, I was told that the most potent domestic

marijuana previously tested in Oxford, MS, was a confiscated sample of some Humboldt Kush that registered at about 6.5% THC. Exceptional marijuana from Mexico, Colombia and Thailand could test up to 8% THC.

A noted cannabinoid expert, Dr. Paul Mahlberg, studied resin glands and their contents for a good 30 years, publishing over 30 papers on the subject. In one of his later studies, he used micro-syringes to extract resin directly from the gland heads in a number of marijuana and hemp varieties. Dr. Mahlberg and his associate, E.S. Kim, characterized the age of the gland heads by color; Table 1 summarizes their results. In marijuana, the more color that the gland heads developed, the *less* THC they contained, and in the case of hemp, the less CBD. In both cases, color indicated a *loss* of THC or CBD—and the deeper the color, the more serious the loss, since pure THC is transparent. (For more information on this study, see P.G. Mahlberg and E.S. Kim, 2003, “Accumulation of Cannabinoids in the Secretory Cavity of Cannabis,” *Journal of Industrial Hemp* 9:15-36.)

CANNABINOID SYNTHESIS

Keep in mind that while THC and CBD are both produced by the plant, CBN is not; it is the oxidative degradation product of THC. In other words, THC exposed to oxygen (air) degrades to CBN—and the higher the temperature, the faster the degradation. Dr. Mahlberg’s table illustrates the decline in THC and consequent rise in CBN in marijuana but not in hemp, for the simple reason that hemp has no THC to degrade to CBN.

On the other hand, THC does *not* degrade to CBD, at least in significant amounts, since CBD is not a degradation product—it’s a biochemical product like THC. In other words, cannabis makes THC and CBD through biochemical processes controlled by genes, whereas CBN comes from a chemical process occurring independent of genes. This is why hemp varieties will produce mostly CBD and very little THC, while marijuana varieties produce mainly THC and very little CBD: In both cases, neither the THC nor CBD is a degradation or chemical byproduct.

However, some varieties—primarily Middle Eastern landraces such as Turkish, Lebanese and Iranian, but also some Afghani and Indian landraces—contain both THC and CBD in substantial amounts. How does this happen?

CANNABINOID CONTENT BY AGES OF STALKED RESIN GLANDS

			(nanograms of cannabinoids/gland)		
			THC	CBD	CBN
MARIJUANA	Mature	{translucent}	57	–	–
	Aged	{yellow}	35	–	21
	Senescent	{brown}	9	–	1
HEMP	Mature	{translucent}	–	229	–
	Aged	{yellow}	–	113	–
	Senescent	{brown}	–	29	–

Table 1 shows cannabinoid content by color/age of resin glands.

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Close-up of resin glands (grown indoors) four days past peak potency.



Original Skunk #1 at early peak potency with rust-colored and curling white stigmas.



Peak potency has long passed on this bud (16x).



Old and damaged glands expose resin to air and light (40x).



THC/CBD VARIETIES

Cannabis is diploid, meaning that one-half of a plant's genes comes from its mother and the other half from its father, just like humans. Further, the sets of genes (at least nine) coding for the biological machinery that makes THC or CBD are identical until the final step in their syntheses; marijuana's final step will code for an enzyme called THCA synthase, while hemp's final step codes for an enzyme called CBDA synthase (the "A" in both stands for *acid*, the chemical form of cannabinoids in living plants). If a hemp variety were crossed with a marijuana variety, the F1 progeny would produce both THC and CBD, since it would inherit the genes for THC and CBD production.

There is now great interest in varieties that produce both THC and CBD because of the latter's important medicinal properties, including the relief of pain, nausea, spasms and anxiety, as well as its sedative and anti-inflammatory effects. Combine these with THC's medicinal properties, and the possible uses for medical marijuana grow enormously. And since CBD lessens THC's psychoactivity, these dual-cannabinoid varieties appeal to medicinal users who don't want the high (or at least not as intense a high).

The question then arises: Why not cross hemp and marijuana, since by doing so, breeders could theoretically begin to create stable THC/CBD varieties? But hemp is a poor source for parents in breeding programs because resin production isn't hemp's strong suit—most hemp varieties produce between 1% and 3% CBD at most. Hemp varieties just don't have the well-developed resin-producing machinery found in our potent THC varieties (currently at about 10% to 25% THC).

Consider not only that genes control which and how much of each particular cannabinoid is made, but also that other genetic factors contribute to cannabinoid quantities as well, such as flower size or the density and size of resin glands. Hence, the best practice would be to start with non-hemp varieties that already produce substantial amounts of cannabinoids, including CBD.

To that end, in 2008, Project CBD (projectcbd.com) mounted an effort to find clones that had significant CBD levels (at least 4%) for use in dispensaries, and a number of such varieties are now available. Growers who want THC/CBD plants need to look more closely at the role of genetics and not rely on the imagined transformation of cannabinoids in amber-colored resin glands.

FOOD FOR THOUGHT

In this article, I've explained how I determine a plant's readiness for harvest and also debunked falsehoods such as whether stigmas are potent, whether THC ages to CBD, and whether it's better to wait for resin glands to turn amber. At the same time, I have not *proved* that waiting to see amber-colored glands leads to a loss of potency overall, even with the strong support from Dr. Mahlberg's study. After all, growers examine only the glands on the surface of living buds before harvest; the glands in the interior are much better protected and less prone to change color. So perhaps when the glands on outdoor plants first turn amber, the interior glands are just reaching maturity. Indoor plants would certainly be well past their peak potency by the time more than a few resin glands turned amber, since in my experience, amber indicates damaged glands, old resin and loss of potency. When I see amber glands in abundance, I believe the peak potency window has passed.

Another possibility is that the polymerized essential oils—which I believe are what causes the color change—could be affecting the high. We should be able to resolve these and other questions in the future as more testing facilities begin to open to the general public, providing a means for growers to investigate their harvesting ideas. ✨

Mel Frank is the author of the fabled Marijuana Grower's Guide, one of the very first books ever penned on cannabis cultivation. His expertise reaches across decades of marijuana culture, biological and plant science, and political climate change.

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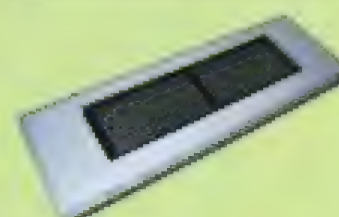
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Things getting underway at the 2011 HIGH TIMES San Francisco Medical Cannabis Cup.

IN JUNE, THE HIGH TIMES MEDICAL CANNABIS CUP RETURNED TO THE CITY BY THE BAY WITH A BIGGER VENUE AND SEVERAL NEW JUDGING CATEGORIES—AND OVER 4,000 CANNABIS FANS TOOK PART IN A STELLAR WEEKEND OF POT PRIDE. BY BEN KIND

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Held at the massive Concourse Exhibition Center in San Francisco on June 25 and 26, the HIGH TIMES Medical Cannabis Cup hosted the best in the cannabiz world. Top companies in our burgeoning industry showcased everything from water bong to bail bonds in the Concourse's vast interior space. Plus a full schedule of seminars allowed high-profile activists, lawyers and growers the opportunity to provide the latest updates on issues facing the medical-marijuana community.

However, the main purpose of the event was never forgotten: to celebrate cannabis as a medicine. Though the Cup took place over a single weekend, the fieldwork actually began two weeks earlier when the competition committee arrived to oversee the intake process. More than 60 dispensaries, collectives and co-ops entered their strains. Steep Hill Lab of Oakland, CA, tested the entries for THC, CBD and CBN levels, as well as for the presence of mold and harmful chemical additives. The registration process proved to be a veritable parade of breathtaking buds, potent concentrates and tasty edibles—often entered by the very hands responsible for growing, extracting or cooking them.

A week prior to the Cup, the judges arrived to collect their entry kits. The judging panels for each category—*indicas*, *sativas*, hybrids, edibles and concentrates—were composed of three experts, who each received a judging kit stocked with smoking accessories as well as microscopes for close-up inspection.



FIRST-PLACE HYBRID
OG Kush from D&M Compassion Center



FIRST-PLACE SATIVA
Bay 11 from Granddaddy Purp



FIRST-PLACE INDICA
Bogglegum from Harborside Health Center



FIRST-PLACE CONCENTRATE
Mars OG from Phillips Rx

FIRST-PLACE INDICA

Bogglegum from Harborside Health Center, San Jose

Dense bud structure combined with intense potency and a perfect burn ensured that Bogglegum's presentation was in every way that of a true *indica* superstar. This organic sample, grown from seed indoors by Delta 559, exhibited nuggets that appeared quite frosty, offset by much darker-colored leaves. A closer look through the microscope revealed many bulbous trichome heads filled with sticky essential oils. Upon lighting, the earthy odor gave way to a delightful grape flavor and a body high that lasts and lasts. As breeder Bushy Older Grower noted: "Bogglegum resists mold and has almost no odor, so new growers will find this incredibly easy to grow."

FIRST-PLACE SATIVA

Bay 11 from Granddaddy Purp, Richmond

Bay 11 is a new strain that many judges had never encountered before the San Francisco Medical Cup. It was obtained as a clone-only strain and grown indoors in soil with an organic-nutrient program. Better than tea and healthier than coffee, Bay 11 is a *sativa* to keep an eye out for!

FIRST-PLACE HYBRID

OG Kush from D&M Compassion Center, Clearlake

Grown indoors in coco coir, this straight OG Kush tested out in the lab at an astounding 20.11 percent THC, with average CBD levels and very low CBN levels, indicating that it was well cured and stored. The burnability of the entry was excellent, and the smoke was flavorful and smooth. One judge wrote: "The best flower I've smoked all week long."

FIRST-PLACE CONCENTRATE

Mars OG from Phillips Rx, Sacramento

This sticky wax required special tools but gave the judges hot flashes and cold sweats—all at the same time! Every judge concurred that the Mars OG was tops. Hardcore hash enthusiasts—those who use blowtorches to ignite their concentrates—gave it their highest praise (but, naturally, they were high).

FIRST-PLACE EDIBLE

Baklava from Greenway Compassionate Relief, Santa Cruz

A two-pronged entry (one *sativa*, one *indica*), this decadent dessert—filled with nuts and smothered in medicated honey—garnered near-perfect scores for taste, appearance, originality and potency, and was the unanimous favorite.

GREEN



An impressive display of concentrates.



Best Edible winner: Greenway Compassion Relief's baklava.



A variety of clones.



Cali Connection won third place in the concentrate category.



The Friday night skate / punk pre-party was a big hit.



Best Indica winners Harborside.



Host Rob Cantrell and Miss HIGH TIMES 2010 first runner up Kati Jane.



Subcool and MzJill sport green.



Home Blown Glass demonstrate their award-winning Slider.



West Coast editor Dave Bienenstock moderates a panel.



A couple torch up some medicine.

The judging was carried out on a “blind” basis (with the exception of edibles, which were also judged on packaging and presentation). The full roster of entries featured 68 strains, 31 edibles and 22 concentrates. All categories were eligible for first-, second- or third-place prizes. Additionally, special recognition was given to the strain with the highest level of CBD. (Cannabidiol, or CBD, is a cannabinoid that has demonstrated remarkable efficacy in treating pain.) A prize was also awarded for nonsolvent concentrates. Herojuana, a heavenly entry from the Florin Wellness Center of Sacramento, took second place in the concentrates category at last year’s San Francisco Cup. This year, this terrific nonsolvent hash picked up its own special award!

Over 120 exhibitors showcased some of the most innovative, elegant (and, sometimes, just plain silly) pot-themed items currently in the marketplace. The marijuana community at large was able to vote for Best Booth and Best Expo Product; anyone who attended could cast a vote. Outstanding glass paraphernalia was also recognized, and the Blunt Slider—from Home Blown Glass, an outfit of cool dudes who distributed hundreds of their paperless glass “joints” to attendees—made off with that prize.

The true stars of the two-day trade expo, however, could be found in the Proposition 215 area: an outdoor space provided for California’s medical-marijuana community, where Cup entries could be sampled free of charge, courtesy of the state’s top medical-marijuana providers.

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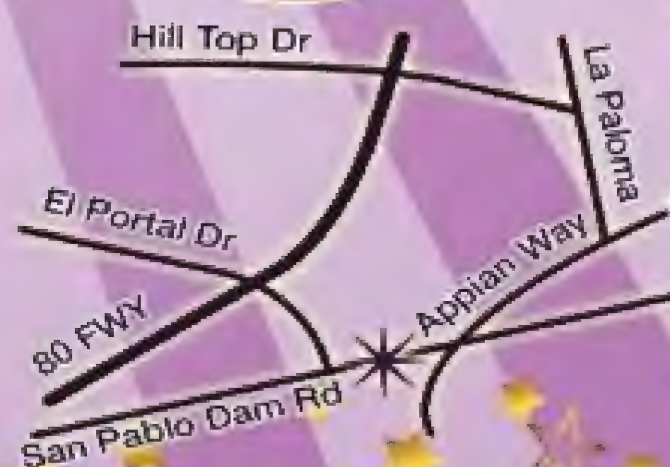


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MENU:





Miss HIGH TIMES 2010 Brittany, 2011 Clazina and 2007 Sarah.



Lifetime Achievement award winners Michael and Michelle Aldrich.



An enthusiastic patient medicates from a mega-pipe.



A proud vendor and his smokin' spokesmodels.



A representative from Vapor RX.

On Saturday night, VIP ticket holders were treated to a concert sponsored by the Cali Connection. From the stage, company reps provided a steady rain of joints upon the crowd.

Junior Reid kicked off the show with a fresh reggae set that got everyone swaying. Later on, Curren\$y delivered a hip-hop vibe and, inspired by the audience, broke into a funky, improvised spoken-word jam. Both Junior and Curren\$y hung back after the show to give love to the fans who had traveled long distances to see them.

On Sunday evening, the awards show was mounted on the Concourse staircase at the center of the convention hall. Comedian Rob Cantrell hosted the awards with a comic tribute to San Francisco. He reminded the crowd that Gay Pride and Pot Pride were being celebrated simultaneously in the city, and that both communities have always been closely politically linked.

Then Miss HIGH TIMES, Clazina Van Andel, was introduced to the crowd and served as Trophy Goddess for the ceremony. The annual Lester Grinspoon Lifetime Achievement Award was presented to two longstanding hemp and medical-cannabis proponents, Dr. Michael Aldrich and his wife Michelle, for their 45 years of advocacy for patients' rights.

The California medical-cannabis community waited patiently for the top five Medical Cannabis Cups to be awarded—the grand prizes for the premier cannabis strains at the event.

As the Cup came to a close with a series of soaring and jubilant victory speeches, our expert panels of judges weighed in on what makes a champion.

Thanks, San Francisco, the capital of all good things! 🌿

2011 Doobie Award winner Curren\$y headlined the Saturday night party.



SAN FRANCISCO MEDICAL CANNABIS CUP WINNERS

Indica Cup

Bogglegum from Harborside Health Center
The True OG from Elemental Wellness
7 Star Pure Kush from 7 Stars Holistic Healing Center

Sativa Cup

Bay 11 from Granddaddy Purp
Alpha Blue from OrganiCann
Sonoma Coma from Happy Lil' Trees

Hybrid Cup

OG Kush from D&M Compassion Center
Star Dawg from Buds & Roses
The Pure from the Leonard Moore Cooperative

Concentrate Cup

Mars OG from Phillips Rx
Sour Diesel Wax from Berkeley Patients Group
Regulator Kush Wax from the Cali Connection Seed Company Collective

Edibles Cup

Indica/Sativa Baklava from Greenway Compassionate Relief
Triple-Strength Fire Bar from Bhang Chocolate
Om Chocolate-Dipped Peanut Butter Truffle from Vapor Room Cooperative

Best Nonsolvent Concentrate

Herojuana from Florin Wellness Center

CBD Award

Alaskan Thunderfuck (9.23%) from Master Control Unit Collective
Jamaican Lion (8.10%) from Elemental Wellness

Best Booth

Magnolia Wellness
NorCal Genetics Seed Collective
Elemental Wellness

Best Product

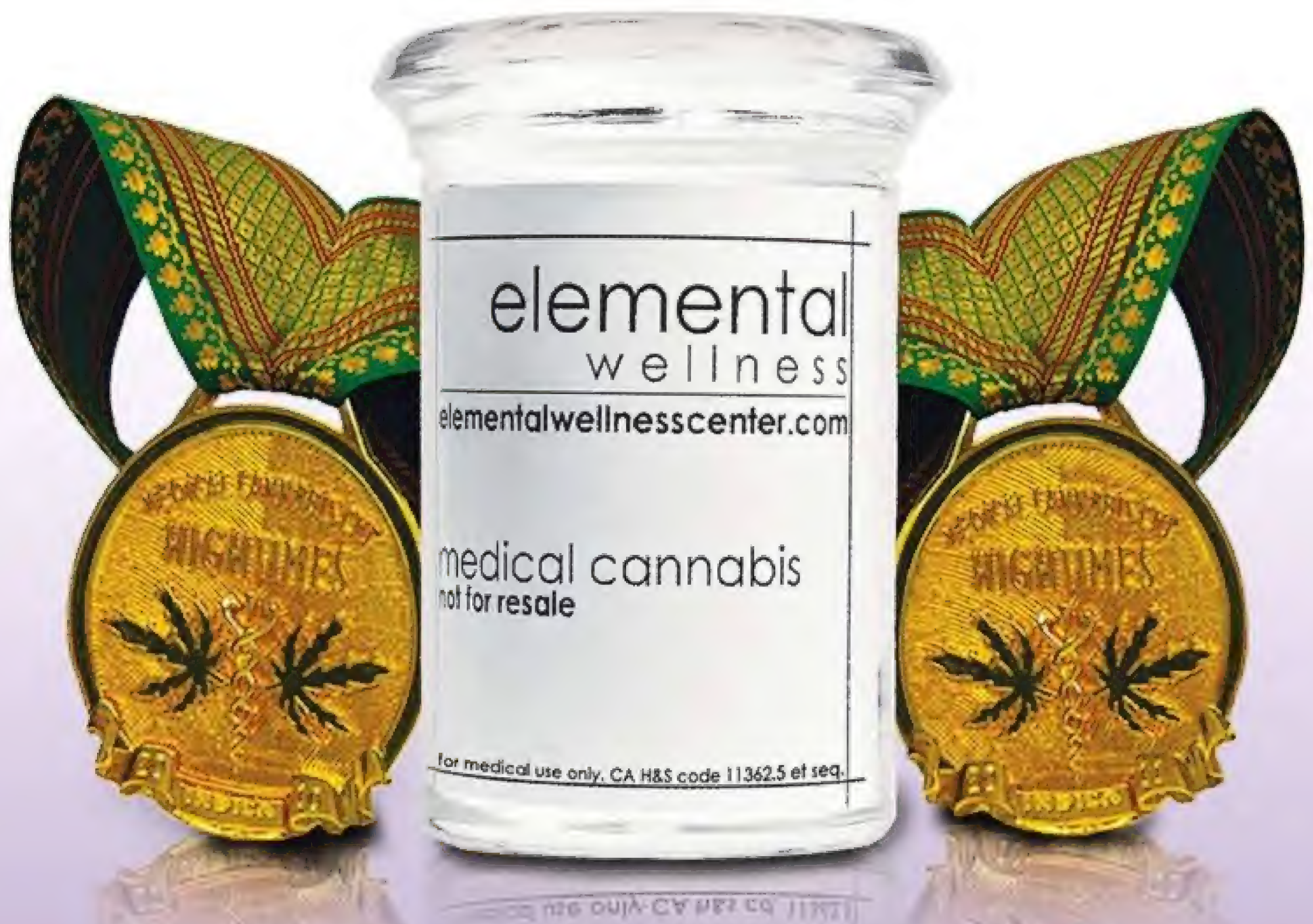
The Incredibowl from Solace Meds
Edibles Package from Central Cali Cannabis
Triple-Strength Fire Bar from Bhang Chocolate

Best Glass

The Blunt Slider from Home Blown Glass
Glass on Glass Eclipse Vape 20 from Essential Herbal Technologies
Team Death Star from Ben Wilson, D-Wreck and Lurch

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BY DEMONS

THE HIGH TIMES
INTERVIEW WITH
PHIL ANSELMO

STORY BY BOBBY BLACK
PHOTOS BY RAHAV SEGEV

BE

DRIVEN

In the raucous realm of heavy metal, few figures are more conflicted, controversial and accomplished than Philip Anselmo. Born and bred in New Orleans, the 43-year-old singer (of Pantera, Superjoint Ritual and, currently, Down) has a past that is, in his own words, “as spotted as a fucking hyena.” Exposed to alcoholism and abuse at an early age, Anselmo apparently spent much of his adolescence learning to channel his troubles into music. By the age of 15, he was singing in a tribute band and living on his own. Then, at 18, he relocated to Texas, where he joined bassist Rex Brown, drummer Vinnie Paul Abbott and his brother, guitarist “Dimebag” Darrell Abbott, in a power metal outfit called Pantera. And the rest, as the cliché goes, is history.

With their relentless rhythm section, lightning-fast licks and aggressive vocal style, the “Cowboys From Hell” set the standard for the generation of heavy metal to follow. Their appetites for whiskey, weed and beer soon became the stuff of legend, and eventually that potent cocktail of stardom, intoxication and fearlessness sent Anselmo stage-diving into a pit of self-destruction. He got hooked on painkillers after suffering a brutal back injury in the early '90s, and by 1995 was addicted to heroin as well. A year later, he overdosed and literally died for several minutes before being revived by paramedics.

Fueled by these addictions, tensions escalated between Anselmo and the Abbotts until, in 2003, Pantera was officially disbanded. Sadly, their feud played itself out in the pages of several music journals—including *Metal Hammer*, which in its December 2004 issue published some rather unsavory remarks by Anselmo about Dimebag. Tragically, weeks after the article's release, Dime was gunned down onstage, leading Vinnie and others to place some of the blame at Anselmo's feet. It's the source of immense regret on his part, and the basis of his oft-publicized distaste for journalists—which, of course, made my job of interviewing this metal icon with a history of hostility all the more intimidating.

To my relief, however, the candid, jovial man to whom I presented a 2011 Doobie Award (and shared a few rips with) backstage at NYC's Best Buy Theater this April was a far cry from that misunderstood misanthrope of yore. Sure, he used the word *fuck* 143 times during our 45-minute interview (in the interest of brevity, I removed most of them), but he did so with such casual élan that I hardly noticed. As a performer, he's as powerful and professional as ever; when his head was accidentally gashed open by Pepper Keenan's guitar during the performance of “Lifer” (a song he dedicates to Dimebag), he merely ignored it and kept singing. He didn't even bother to wipe away the blood pouring down his face ... because that's what Phil Anselmo does. Through injury, addiction, depression, surgery, scandal and even death itself, he *endures*. In the final analysis, his is a story of rehabilitation and redemption—of proving to the world (and himself) that he truly is, as the Pantera song goes, stronger than all.

How old were you when you first started smoking weed?

Regularly? Probably 12 or 13. I remember getting a bunch of really bunk-ass weed from seventh grade to about eighth grade. That whole year, I had this friend who always had a bag, and we'd just sit there and smoke like 40 joints and be like, “Man, I don't think it's working.” Around the same age, I also got into a stash of hash brownies, so yeah—me and weed, we've known each other for a very long time.

Do you smoke a lot when you're writing music?

I do. I find that music comes to life in a more true way to my ears after I've smoked. If I listen to something and I'm bone sober, I might be like, “Turn this fucking shit off.” But a few puffs later, I'm like, “What the fuck is *this*?” It makes music come so—so *alive* in my ears. I love it.

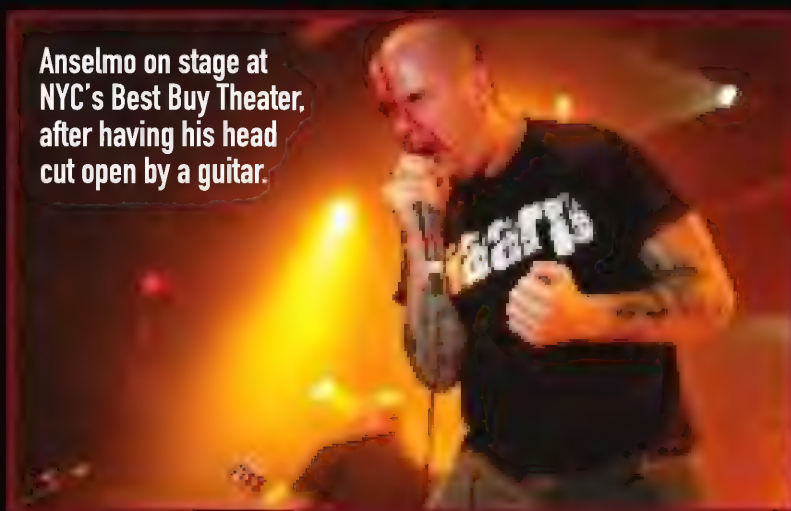
What about onstage—do you like to get high before you perform?

Well, y'all just got me high and I gotta play in about an hour [laughs] ... so yeah, I like to smoke a little before we play.

Have you ever felt that pot led you to the harder drugs?

No fucking way. Let me tell you what: Maybe in my wildest, stupidest moments as a healthy, strong young man would I entertain the idea of doing

Anselmo on stage at NYC's Best Buy Theater, after having his head cut open by a guitar.



heroin, because I wasn't afraid of it. I had an “invincible” complex—I thought I could walk through walls. I was the baddest motherfucking heavy metal guy out there. But when my back got hurt ... it was kind of castrating, if you will. The injury sent me down a mental spiral—I was aching, I was vulnerable, so I lashed out like a wounded animal in directionless tirades. Pain makes your life a completely different thing, and either you're tough enough to suck it up, change your life, wake up, be active instead of laying around and doping yourself up constantly, or you're fucked. If I could redo it all, I would hope I'd have the brains not to do it.

So you're totally clean of hard drugs?

Big time ... about six years clean. I had back surgery, and rehab—*physical* rehab—saved my life. I was on a regimen finally; I had to wake up, get to the gym, do this rigorous core training. There was no time for

hangovers—no time for jack shit but gettin' better. It's taken a full five years to feel even any semblance of normalcy. But it takes a lot of here [points to his head], and a lot of here [points to his heart]. That's the heart of fucking will, goddamn it.

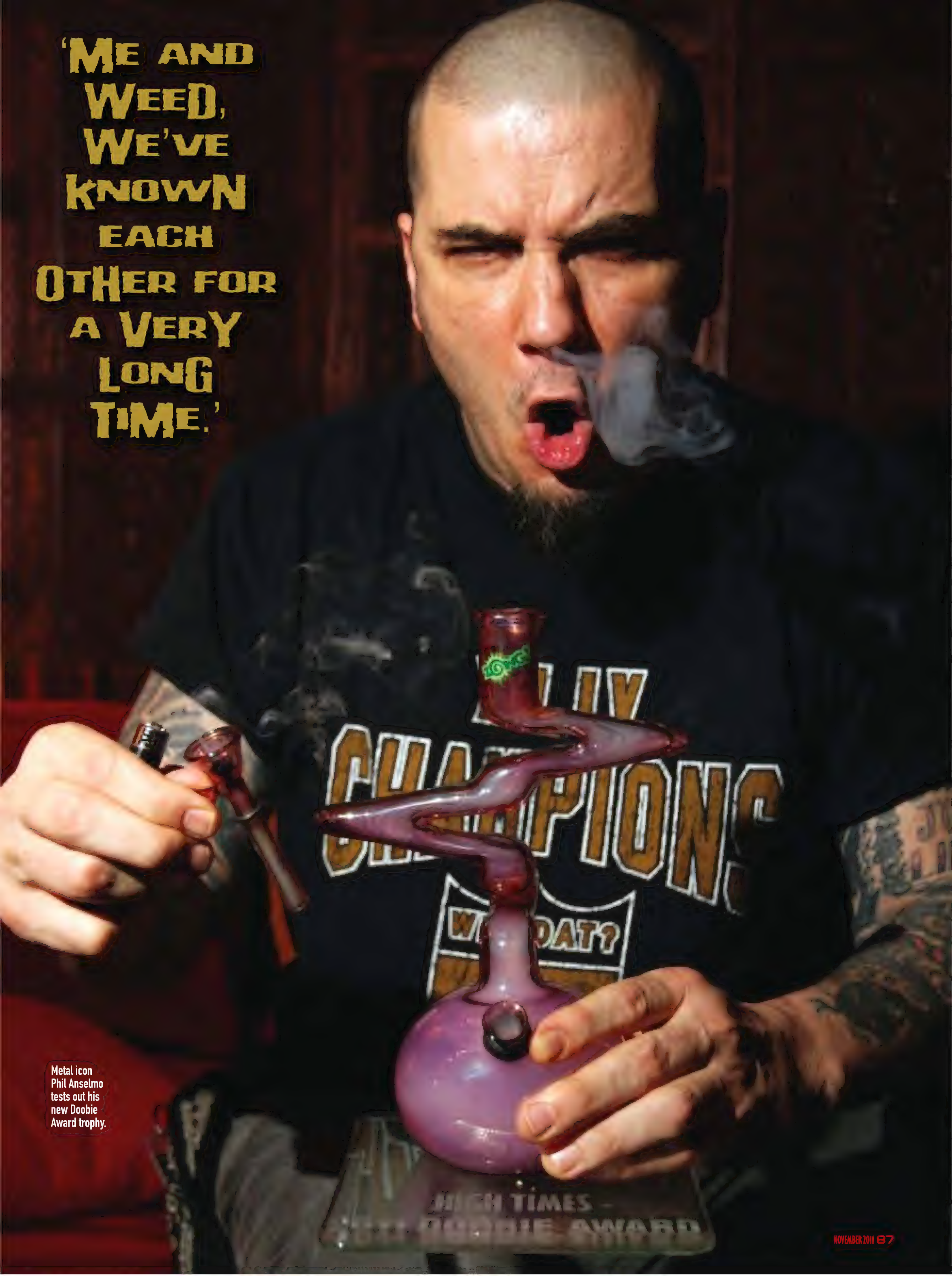
“Will” has always been a prevalent theme in your music. In your interview at Loyola College, you said that will is nothing without love. It's clear that you're overflowing with will ... how's the love going?

I think love is the only goddamn way, man. I come with love first and foremost—with anything and anybody. I was an angry young man who ... when you have a multi-level injury in your lower back, and you take all them drugs that the doctors dole out for you, they make you bananas. They make you say ridiculous things. You are not yourself. The more you take, the more acute the pain gets. They lie to you—it doesn't kill the pain, it kills the *emotions*. Then there's the physical withdrawal that keeps you addicted to them. Once you're to the point that I was at ... I didn't care if I lived or died. I was in so much pain and I was so sick of the pills, the doctors, the whole game ... it is exhausting. Then, once I did heroin ... *phew* ... there was no turning back. I'd never been that numb in my life.

You overdosed on heroin and literally died for a few minutes, is that right?

Four. Count 'em ... *four minutes*.

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OTHER FOR
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Metal icon
Phil Anselmo
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HIGH TIMES -
2011 DOOBIE AWARD



'I THINK ABOUT PANTERA EVERY DAY OF MY LIFE IN ONE WAY, SHAPE OR FORM.'

Was that the epiphany moment that made you quit?

That was the most humiliating night of my life. I died in front of all the Abbott brothers' family, their friends, people I've known for 10-plus years. I woke up in the back of an ambulance, puked, all these people are screaming at me, and the girlfriend I had at the time was crying her eyes out. She's dead now—drug overdose. Two kids, some husband; she died at 37. Anyway ... my security guard was pushing people back, everyone was screaming and crying, I've got all these tubes attached to me and I'm like, "What the fuck, man?" I start Phil Anselmo-ing off, and these faceless restrainers put me in my place. Then some lady says, "You better shut the fuck up—you just overdosed on heroin, Mr. Big Talk. You were dead for four minutes—welcome back to life. You oughtta be thanking the people around you." [Long pause] I was so humiliated. That whole ambulance ride, the whole stay in that *Outer Limits*-esque hospital room with one cot ... it's almost black-and-white now in memory. And there was this little old-school telephone there, and they gave me the receiver and it's my *mother*. My piece-of-dog-shit tour manager called her at two in the morning, woke her up and said, "Your son just overdosed on heroin—we don't know if he's alive or dead ... we'll call you back." Click. I will never forgive that motherfucker for that, Jack. To put that kind of fear in my mother's head? She adores me—she's my mom! She was aghast ... distraught. Immediately, I wanted that phone and told her I was all right.

I did really well after that. As a matter of fact, a day later we were back on tour. But then I relapsed ... six, eight, maybe nine months later—I don't remember.

How do you define sobriety at this point in your life?

Sobriety is for the sober, man. I think I am in full control of whatever the destiny of the day may be. If the big ball game is on, fuck yeah—I'm gonna have a few beers. But I know not to turn into that fucking stupid dude. I would suggest highly—you youngsters out there especially—that you stay away from heavy drugs.

You were friends with some other famous artists that were killed by hard drugs—Layne Staley of Alice in Chains, and more recently Peter Steele of Type O Negative. Do you ever think of them and ask yourself, "How am I still here?"

Well, first and foremost, the loss of both of those guys is so tremendous because of the impact they've left, their legacy in music. When he was straight, Layne was engaging and strong. We spent a Thanksgiving together around 1990. He and I had just met and went out by ourselves to some shady tit bar, I forget what town it was. Anyway, we got pretty drunk and decided to roll this bum. We saw him coming down the street, and I said, "Dude, let's roll 'im!" We weren't violent or anything, but we tackled him and he didn't have anything. He was scared—he freaked out and we started laughing. We pulled him up and pushed him on his way, poor guy.

Next time I saw Layne was early '92 at the Lolapalooza gig, and he was different. But yeah, Layne was fun. Pete Steele also—loved the guy. By the way, he was sober for about two months before he passed away, so that shows you that the riddle of life is tripped out. We—not a damn one of us—know when our end is coming. So that's why I figure: Come with love, try your best to do something positive, be nice to people while you're around. I've got a lot of making up to do, Jack.

Let's lighten the mood a bit—let's talk about Superjoint Ritual.

Broken up! [Sarcastically] You're gonna lighten up the fucking thing? I'll tell you, that's a sore-ass subject.

[Laughing] Sorry ... so what else do you have going on?

I'm working on my autobiography this summer. I've also got a solo record that I've been working on forever. I'm still searching for the time, 'cause I'm producing another record that's almost done for Housecore—this band, Pony Killer, that's really tripped out.

You're referring to your label, Housecore Records. Do you enjoy producing?

I love it, because I'm schooled in all sorts of metal. I did War Beast, I did Haarp ... once you have a record label, you've got all these different bands with different demands and personalities to deal with, and it's like I'm their psychologist. I love playing that part, because I love all these motherfuckers and I believe in them.

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the high times interview

Are Down putting out another album soon?

All of us were supposed to get together in May. We have skeletons of some songs, other songs are good to go—they're just demo'd pretty sloppily, so I'm sure they'd want to redo them. Matter of fact, there are two demos that are particularly intriguing that came out of our last jam session that I think have a lot of promise. It's like a new spark ... it feels good. The point is to write a new record and re-create yourself—show a little bit of a different side of Down. No one wants to regurgitate.

When you look back at your time with Pantera, does it feel like it all happened a lifetime ago?

Parts of it ... parts of it feel like it happened yesterday. I've said it before: I think about Pantera every day of my life in one way, shape or form. I always ponder the thought ... what if, you know? If Dimebag was still alive, I think there would have been an end to any rift that there was. Dimebag was too much of a brother to carry hate or anger around with him. And I deserved some anger, but I think ... I was in such chronic pain, it controlled my mind. Dimebag was going through a lot of stuff at the end of Pantera, and then me overdosing ... there's no excuse for that. You are fucked, you are labeled, you're a target. No one trusts you. I could have been as straight as a motherfucker and he'd come charging at me, accusing—and I can't blame him. Fuck, no—I do not blame him. In hindsight, I do the same thing to other people today—I'm that guy, I'll save your life. I've walked many a drug addict clean in my house, no matter how many days it took.

Do you feel like that's a karmic payoff, in a way?

Oh my God ... karmic payoff? Look at the situation of Rex Brown. I've tried—I gave it my all, and I love Rex with all my heart and soul, but goddamn it, he will *not* put down that bottle. He's been told *he is going to die*. Well, he's not gonna die on *my* time, because he ain't drinkin' around the kid. And that means he can't be around right now. That's the only rift between me and Rex—other than that, we're best friends.

Do you think there's any chance of reconciling with Vinnie Paul in the future?

I would love to do that one thing. Straight up—I've said it before, and I'll say it again right here: *My door is open*. You hear me? I come with love. But I doubt that Vinnie Paul will unlock his door. I know him—fear controls him. It's a shame, but it always has. Fear controls Vince, and I don't know why, but he fears me something fierce. And I love the guy! I would love to have the opportunity to apologize, the way I apologized to my family, to my friends, and everybody for losing my mind for a period of my life that I regret to this second. In retrospect, it brings up shame in my heart—that at one point in my life I was this zombie, you know? It gets very hard to say you're sorry enough times to your loved ones. I'd love to have that opportunity with Vince, but like I said, he's gonna drink and go to a tit bar and be superficial. And that's sad. Therapy don't come out of a whiskey bottle, Jack. He watched his brother get murdered.



Anselmo hails the leaf.

No one can blame him for being upset.

But he's pinned the guilt on the wrong guy, and I resent it. I spoke with the police officer that blew this motherfucker who killed Dimebag away, and I asked him the hard question. I said, "Tell me ... did he purposefully shoot just Dimebag?" He said yes, and I kinda choked up. And I thought for sure I knew what was gonna come out of his mouth next when I said, "Why? Why did he shoot *Dimebag*?" He said they went back to his apartment, this murdering motherfucker, and he had stacks of notebooks, all with writing about how he was gonna kill *Pantera* for ripping off his songs. Kill *Pantera*. Not once in any of it did it name any of us specifically. And if it did, it was all four of us—but it was rare. So I said to this cop, "So then what you mean is, had it been *me* playing with Superjoint or Down that night, this motherfucker would have come after me?" And he just said—matter of fact, he was crying, and all he could do was nod his head yes: "Absolutely." And this poor bastard is scarred as well. Not many of us ever blow a person's head off after a mass murder. That's something you live with every day. That's something I'll live with every day—every other moment of my life, I think about it.

So what keeps you going? What do you believe in?

I believe in righteous people that I put my faith and trust in, and in this drive to do what I do. Everything that comes out of me—Down, Housecore Records, boxing articles, whatever—feels very natural, feels absolutely right. I feel very awake now emotionally. I have a passion for a handful of things, and I'm learning more about the world every day. I look for the beautiful things, the beauty in a person, because they are there. I'm not afraid to make friends, I'm not afraid to extend my hand first, walk up to people, extend an olive branch. I'm an engaging person, and like I said, man—I come with love. ✨

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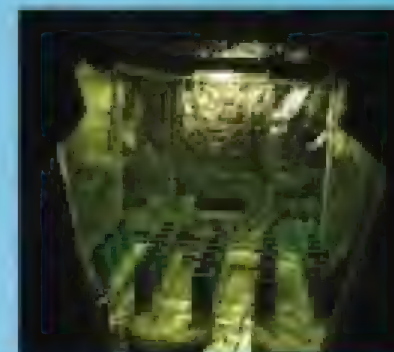
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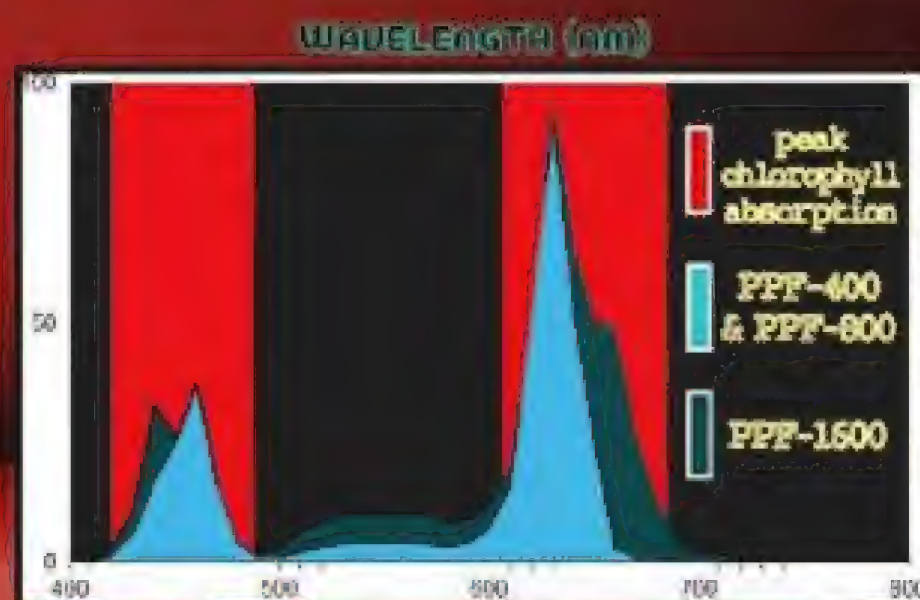
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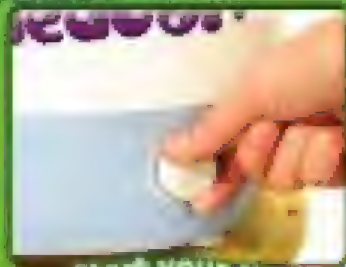


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HEY BULLDOG

I've been watching these here colas for two weeks now and I think they're just about done. Turns out watched pot really does grow bigger!—**Marmadoob**



GREAT SCOTT! (above)

A dog's nose never lies, and one whiff of this skunky nugget knocks my ears back! A few more sniffs and I think I'll just fly south for the winter.—**McPuff**

MR. LIZARD (left)

Would I care for a hamburger? Actually, I'd prefer to scarf on some of this tasty-looking Lizard Weed.—**Jim Moreresin**



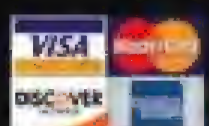
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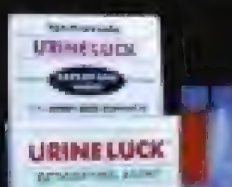
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HIMALAYAN THUNDERFUCK?

Shhhh! If I disguise myself as a pot plant, maybe they'll just think I'm a really fluffy bud and turn some of those sun lamps on me ...—Chester Cheeba



HERBAN JUNGLE (left)

It looks like the wilds of Burma, but smells like Burmese Kush.—Stony the Tiger

CATNAP (below)

Whoa ... I think someone laced this stuff with catnip.—Heathspliff





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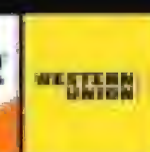
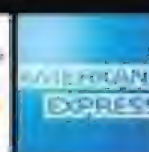


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TOY BREEDERS

Looks like Toto just got back from the Emerald City.—**Snoop Dogg**

HOLDIN' RETRIEVER (left)

Hmmm, seems a little under seven grams.—**Old Smeller**

WHITE RABBIT

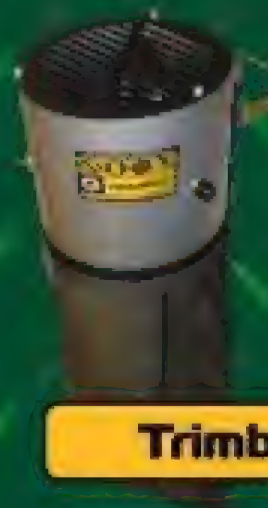
What else did you expect to find down the rabbit hole?—**Beatrix Pothead**



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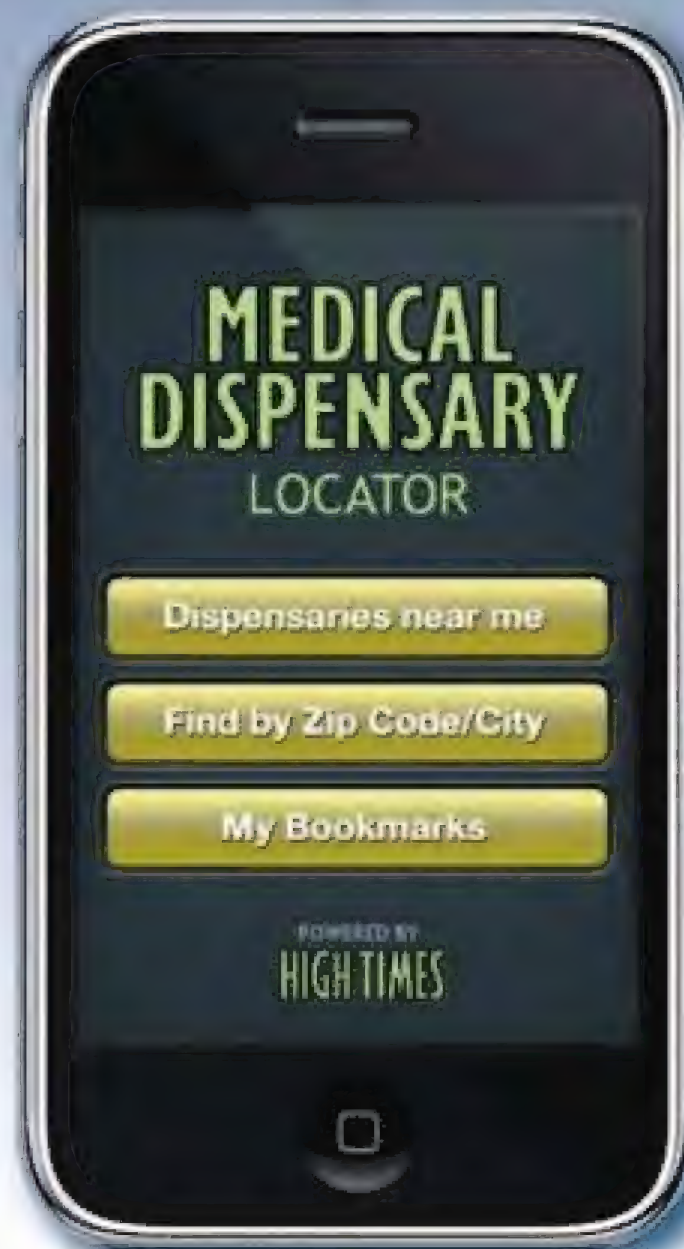
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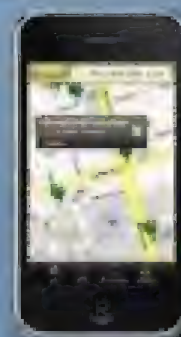
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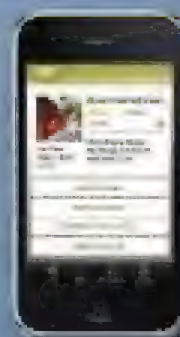
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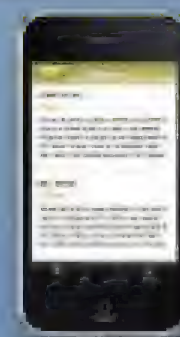
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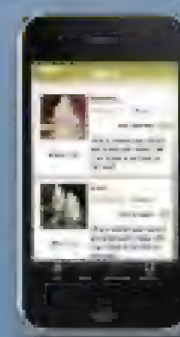
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A+ FOR ACTIVISM

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From helping to organize a marijuana rally attended by over 400 people to lobbying our school's administration to adopt harm-reduction policies for alcohol and drugs, the Students for Sensible Drug Policy chapter at the University of Minnesota never stops working hard—but we always make sure to have fun doing it. In fact, the activism and social aspects of SSDP go hand in hand.

SSDP brings students together to educate themselves and their peers, while advocating for reform at the university, local and state levels. Currently, we're working with UM administrators on adopting a Good Samaritan policy to protect those who call for help for someone experiencing a drug or alcohol overdose. We're also organizing multiple rallies on campus for later this year and forming strategic alliances with various activist organizations in the area, including NORML and the Minnesota AIDS Project. Later this fall, we'll help to elect a governor in Minnesota who *won't* veto the state's medical-marijuana bill! And our chapter will hold one of four student-representative positions on a newly formed UM committee that will focus on creating effective policies to deal with drugs (including alcohol) on campus.



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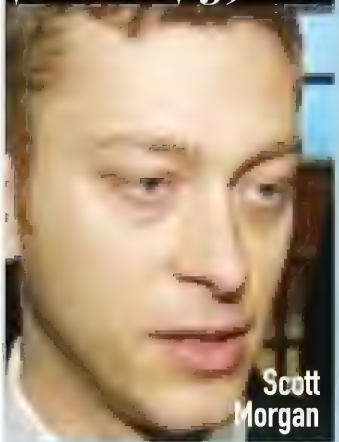
and throwing poster-making parties. We also hold an annual fundraiser on 4/20, for which we bake nearly 1,000 brownies (including one "special" ingredient: love) in large pizza ovens. They're great brownies, especially at the price of two for a dollar!

The University of Minnesota is one of the largest campuses in the US, and SSDP makes it easy to meet like-minded individuals and make friends while working to end the War on Marijuana. Everybody wins in the end, because SSDP gives everyone a chance—students and non-students alike—to actively participate in reforming the drug laws through education campaigns, lobbying, electoral activism and working with universities.

These days, the War on Drugs is really America's biggest civil-rights issue, and getting involved with SSDP is your chance to do something about it!—**Zachary Tauer**

Meanwhile, the social aspect of SSDP plays a huge role in why students get involved—and stay involved. In addition to the good times we have while working on our various projects, UM SSDP also organizes a wide array of social events based on the interests of our members, including attending concerts, hosting barbecues

freedom fighter



THE POWER OF SOCIAL MEDIA

A DC ACTIVIST BATTLES THE FORCES OF DARKNESS IN CYBERSPACE.

Scott Morgan is currently associate editor of Stop the Drug War (stopthedrugwar.org), where he blogs about drug policy. Over the past five years, he's become a prominent and respected voice in the drug-law reform movement. His writing has been featured in a variety of new-media outlets, including the Huffington Post and Alternet, and he recently appeared on cable network RT's *The Alyona Show* to address the threatening letters issued by the US Department of Justice to various medical-marijuana states.

Morgan also serves as associate director of Flex Your Rights, a forum for teaching Americans how to assert their rights in police encounters, and is the co-creator of the organization's highly acclaimed instructional film, *10 Rules for Dealing with Police*.

"I represent the DARE generation," Morgan says, "the youth who were taught to fear drugs above and beyond all else. We've watched this war escalate all around us, and we'll be the generation that brings it to an end."

Earlier this year, he single-handedly launched a viral media campaign to protest the Justice Department's recent none-too-veiled threats against medical-marijuana states. Through his sharply written blog posts and appearances on TV, he's spreading the message and increasing awareness of the issue. By channeling the massive audience of the social-media site Reddit.com, Morgan was able to generate such a response that it inadvertently crashed the White House "Contact Us" service.

"Our movement is at the cutting edge of online activism," he says. "If we can win this debate on the Web, we can win at the ballot box."—Erik Altieri, NORML Communications Coordinator

ASK DR MITCH

Dr. Mitch,
I keep hearing that stoned people are more likely to have unsafe sex. I've never been so high that I couldn't put on a condom. Is this just hype?

Rudy Q.

Hi Rudy,
Over 300 teenage girls (who collectively had sex over 14,000 times) participated in a study that showed no link between using the plant and unsafe sex. That said, they only used condoms about 30 percent of the time, so there's definitely room for improvement. These data don't say anything about men of any sexual orientation, so spread the word and keep plenty of condoms around.

My doctor thinks there are better meds for migraines than marijuana. What's the word?

HB

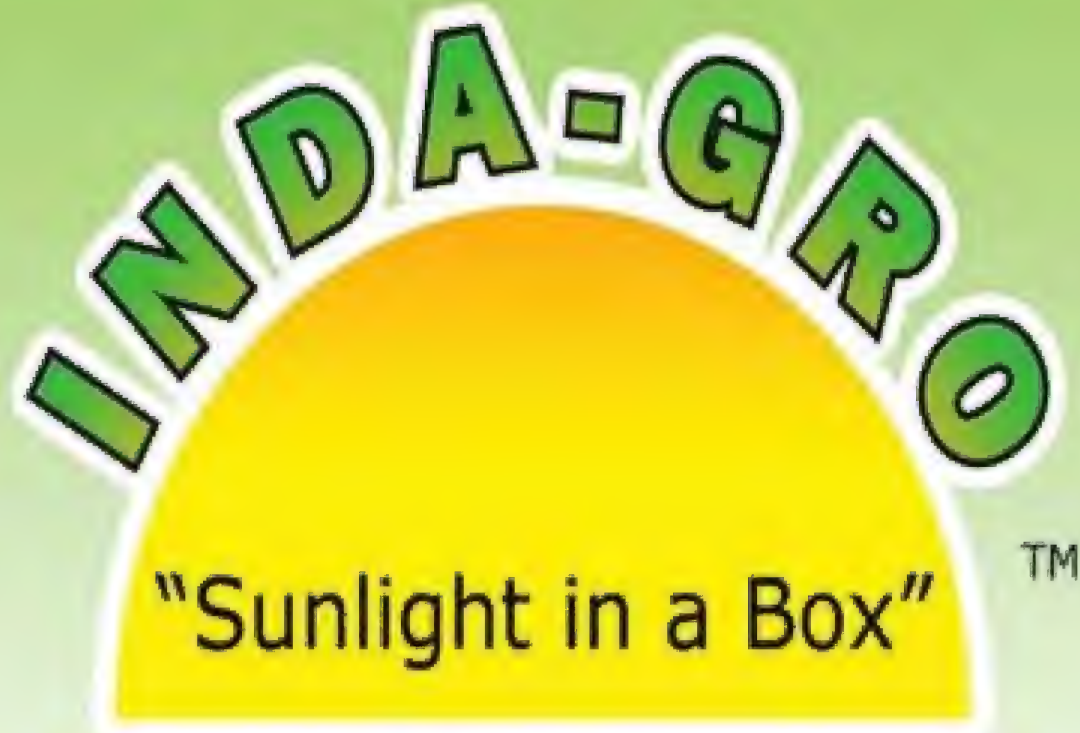
Hi HB,
There might be for some people, since everyone's different. One class of prescription drugs (the triptans) has over 50 studies to support their efficacy. Nevertheless, I question their price: These drugs cost at least \$3 a pill—how much is a couple of hits? They also don't prevent migraines the way that cannabis appears to do in some medical users. Obviously, if you're getting bad headaches, you should always talk to your physician; sometimes they can arise from other health problems.

You've made fun of the Office of National Drug Control Policy's drug-prevention program, but a new study says that it works. Does this make you change your mind?

Charlie H.

Hi Charlie,
A closer look at the new research shows that the "Above the Influence" ads only worked with one category of young people: eighth-grade girls. Older girls and boys of any age were no less likely to use marijuana after exposure to the program. At \$180 million a year, I think the money could have been far better spent on programs that have already proven effective across a much wider spectrum of youth, such as the Project Toward No Drug Abuse created by my friend Steve Sussman.

Dr. Mitch Earleywine, Ph.D., is an associate professor of psychology at SUNY Albany. He is the author of *Understanding Marijuana* and *The Parents' Guide to Marijuana*. Got a question for Dr. Mitch? Email him at 420research@gmail.com.



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PUMPKIN PIE FOR THE THIRD EYE

AN OCTOBER TREAT WITH A KICK. BY MARY OUGHT SIX

Fall is a special time of year for my family back in Oregon. Our farm store, Gramma's Place—beloved as it is—closes October 31 to let my parents take a breather from the constant demands of daily farming. Before that happens, though, October is all pumpkins, all the time. There are hayrides and barrel trains that take the chipmunk-faced kid-

dos down to the pumpkin patch, where they can get lost in the hay and corn mazes and pick out the best pumpkins. The crowning gem of the autumn fun, however, is unquestionably my dad's massive, home-made, shop-welded pumpkin cannon. Grown men melt instantly into little boys, and little boys go wild at the chance to point this giant cannon at a classic Blue Bird school bus parked 500 feet across the field.

Back when I was growing up, Sherwood, OR, was basically a small town on the way to the beach, and our dairy farm was a comfortable three miles away from most of the town's 3,000 other residents. But the times, they're always a-changin'—Sherwood's grown five times over, and now there are condos within a mile of our farm.

Though I always feel nostalgic when I go home these days, the cool part is that the farm



store is now situated on a busy corner that works as a shortcut from one large suburb to another. And right there stands Dad's pumpkin chunker, a black metal super-toy painted with neon orange letters down the side: "Uncle D's Pumpkin Popper."

Last season, the sheer awesomeness of

this lean, mean, pumpkin-exploding machine drew the attention of cookingupastory.com, whose video footage of the cannon garnered YouTube attention. I followed the video's reblogs to keep my ecstatic father informed on what people were saying. Most of the comments were along the lines of "Badass!" or "I hope no one gets hurt." One blogger, however, took issue with our hedonistic waste of food.

So, to make amends, here's this recipe. No matter where your pumpkin meat hails from, this is seriously one of the most delicious pumpkin desserts I've ever had, and the beautiful spices mixed with ganja butter and brandy create exactly the layered effect that high-minded chefs desire. Back in those Sherwood days of yore, "layered" was our high-school code for piling on the mood-altering substances, usually starting with weed and alcohol—which means this cake is so layered it's *crunked*. Enjoy! ✨

LAYERED PUMPKIN CRUNK CAKE

Crust

- 3/4 cup butter
- 1/4 oz ground marijuana or high-grade shake
- 1 cup all-purpose flour
- 3/4 cup packed brown sugar
- 1 cup quick-cooking oats
- 1/2 cup finely chopped walnuts

Filling

- 1 package (8 oz) cream cheese, softened
- 3/4 cup sugar
- 2 cups baked and pureed pumpkin meat, or 1 can (15 oz) of pumpkin—not pumpkin-pie mix
- 2 tbsp brandy
- 1-1/2 tsp ground cinnamon
- 1 tsp ground ginger
- 3 eggs

Topping

- 2 cups sour cream
- 1/3 cup sugar
- 1 tbsp brandy
- 1/2 tsp vanilla

It's a good idea to roast your pumpkin and make the puree ahead of time if you're going the fresh route—just cut the pumpkin into wedges, remove the seeds, and bake at 350°F until you

can easily stick a fork in the meat, then cool and puree. Freeze any leftovers for next time or for making soup.

Next, melt the butter in a double boiler over low heat and add the marijuana. Stirring occasionally, heat the mixture for 45 minutes to extract maximum potency. (Immediately remove it from the heat if it begins to smell toasty.)

Strain through cheesecloth, then let the butter set in the fridge until it's at least medium firm.

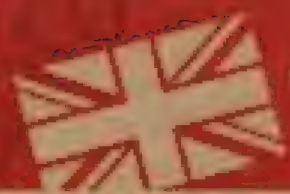
Heat the oven to 350°F. Coat a 13" x 9" pan with cooking spray. In a medium bowl, mix the flour and brown sugar. Cut in the ganja butter until the mixture looks like coarse crumbs. Stir in the oats and walnuts. Press into the bottom of the pan and bake for 15 minutes.

In a large bowl, beat the filling ingredients with an electric mixer on medium speed until they're well blended. Pour over the hot base and then bake 20 to 25 minutes (or until it's set and dry in the center).

While that sets, mix the topping ingredients in a small bowl. Drop the mixture by spoonfuls over the pumpkin layer; spread evenly over the hot filling. Bake about five minutes or until the topping is set. Cool completely (about two hours).

Finally, drink the remaining brandy at your leisure and enjoy your layers! **Stones 12.**

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HIGHER-ING & FIRING UP

IT'S TIME TO END PHARMACEUTICAL DISCRIMINATION IN THE WORKPLACE.

Legalizing and regulating the adult use of cannabis will decimate the workplace by undermining employee productivity and increasing on-the-job accidents. So claimed the California Chamber of Commerce last fall in its vocal opposition to Proposition 19, the Regulate, Control and Tax Cannabis Act of 2010. The chamber's rhetoric proved persuasive with voters, who ultimately rejected the measure 53 to 47 percent. Yet a closer look at recently published workplace-safety data demonstrates the chamber's claims to be much ado about nothing.

According to the annual data published by the US Bureau of Labor Statistics, the number of fatal workplace injuries nationwide has fallen steadily in recent years, declining from a modern high of 6,632 in 1994 (two years prior to the passage of Prop. 215, the nation's first medical-cannabis legalization law, in California) to a modern low of 4,551 in 2009. More specifically, workplace accidents fell 20 percent just in the years 2007 to 2009—years when both the medicinal use of marijuana and self-reported recreational use experienced significant upticks.

In both California and Colorado—two states that have experienced a surge in the ranks of certified medical-marijuana patients in recent years—workplace fatalities *decreased* in 2009, the report found. Ditto for Washington, another state with a decade-long experience of medical-cannabis legalization.

State-specific data from Oregon—which, like California and Colorado, has both medicalized and decriminalized pot—indicates a similar trend. Statistics compiled by the Oregon Department of Consumer and Business Affairs found that the rates of workplace illness and injury for 2009 were at “the lowest [levels] ever recorded.” In fact, ever since Oregon voters approved the legal use of medical cannabis, which went into effect in December 1998, the percentage of illnesses or injuries per 100 full-time workers has fallen from 7 percent to just over 4 percent.

So does this mean that the public's increased use of cannabis is making the American workplace safer? Probably not. But at the very least,



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it debunks the pernicious myth that pot smokers—and medical-cannabis patients in particular—are in any way undermining workplace safety.

Nonetheless, courts in many of these same Western states continue to rule in favor of workplace drug-testing programs that arbitrarily discriminate against employees who use medical marijuana in compliance with state law while off the job.

In June, in a case called *Roe v. Teletex*, the Washington State Supreme Court ruled 8 to 1 that private employers may fire workers who test positive for the presence of inactive marijuana byproducts in their urine, even in cases where it's determined that the employee was using cannabis in accordance with state law and away from the job site. The decision follows previous verdicts by the high courts of Oregon (*Emerald Steel v. Bureau of Labor*) and California (*Ross v. Ragingwire*)

upholding similar discriminatory practices.

These rulings present medical-marijuana patients with a Hobson's choice: your job or your medicine.

Yet according to a recently published review in the scientific journal *Addiction*, it's unlikely “that heavy cannabis users represent a meaningful job safety risk unless using before work or on the job.” The review also reported that urinalysis testing, in particular, “has not been shown to have a meaningful impact on job injury/accident rates.” In short, the science rebukes the notion that responsible marijuana consumers should be sanctioned for their off-the-job pot use, much less state-authorized patients.

Unfortunately, as long as marijuana remains illegal for the majority of people, it's likely that the courts will continue to uphold these “separate but equal” standards for pot patients. Only by legalizing and regulating cannabis for all adults will we see an end to the practice of pharmaceutical discrimination in the workplace.—Paul Armentano, Deputy Director of NORML

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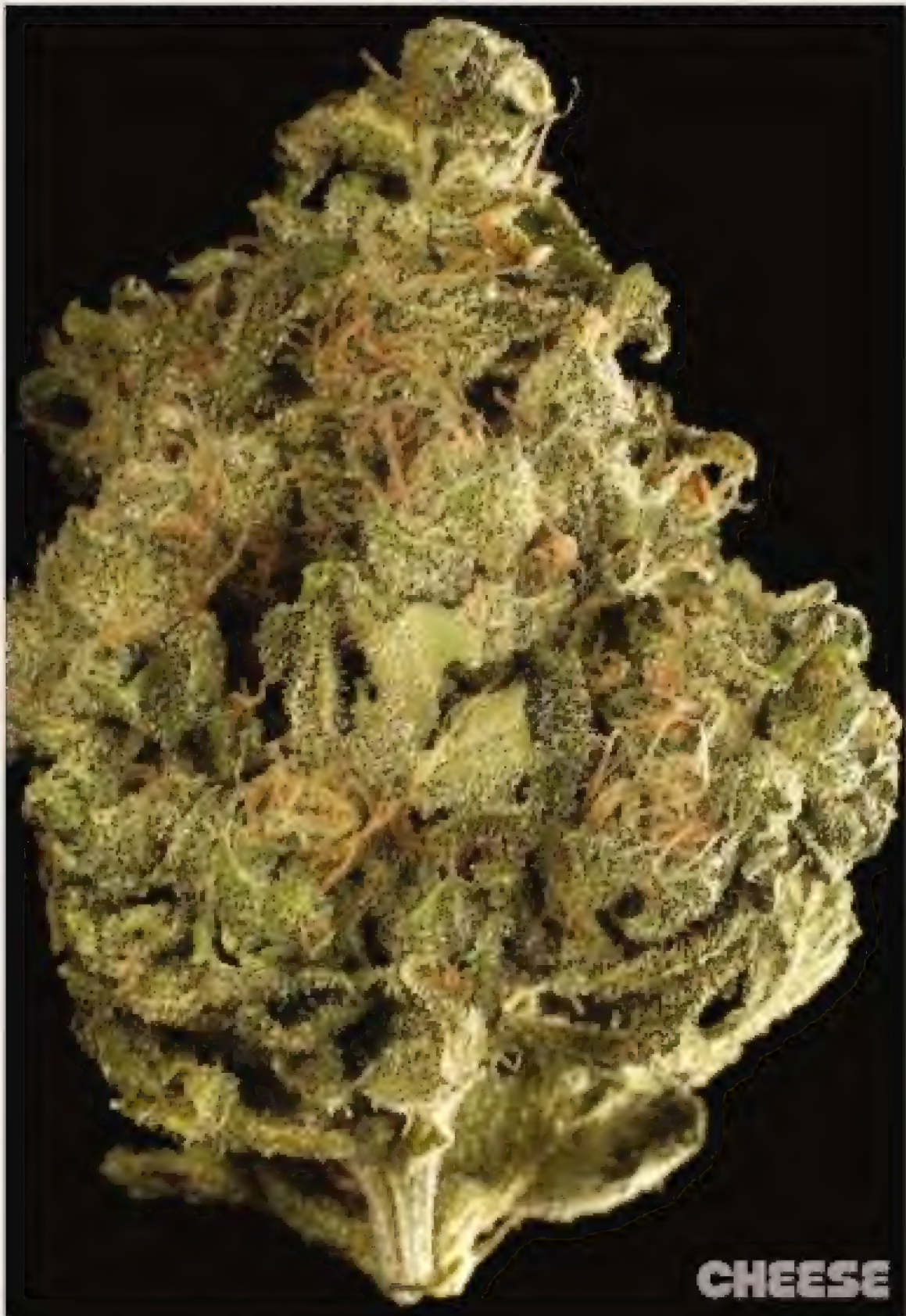
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TRANS HIGH MARKET QUOTATIONS



MARKET ANALYSIS

Once again, Kush edged out Diesel to take top honors as the month's most submitted strain. Cheese is becoming a top five fixture as well, with November marking its fifth appearance in 2011. Finally, Haze returned after missing the cut in October—the first time the strain failed to reach the top five in 15 months (since July 2010). The top five submitted strains (with average price) were Kush (\$402), Diesel (\$354), Cheese (\$288), Haze (\$410) and Purps (\$295).

Index Watch: All indices finished below their year-to-date and previous month's average with the exception of Kind. The Mids Index experienced the biggest drop, finishing November \$25 below its previous month's average (but only \$4 below its year-to-date).

HIGH TIMES wants to know what you're smoking. Submit your strain information, including location and price by the ounce, to thmq@hightimes.com.

Trans-High Market Quotations (THMQ) reports pot prices by the ounce, strain and location. To submit prices, go to the THMQ link at hightimes.com.

CURRENT US PRICE INDEX: \$343 (last month: \$360; YTD: \$347)
CURRENT KIND INDEX (\$350+ PER OZ): \$414 (\$409, \$412)
CURRENT MIDS INDEX (\$150–\$349 PER OZ): \$268 (\$293, \$272)
CURRENT SCHWAG INDEX (\$1–\$149 PER OZ): \$88 (\$100, \$102)

STATE	CITY	STRAIN	PRICE
ALABAMA	Tuscaloosa	AK-47	\$500
ARKANSAS	El Dorado	Mandala #1	\$420
CALIFORNIA	Los Angeles Sacramento Yuba City	Sour Diesel Blue Dream Cheese Granddaddy Purple UK Cheese	\$325 \$325 \$250 \$150 \$150
COLORADO	Denver Pueblo	Vanilla Kush UK Cheese Sour Maui White Rhino	\$300 \$250 \$250 \$320
HAWAII	Big Island Kauai Maui	G-13 Haze Green Crack Jack Herer Grape God	\$350 \$250 \$300 \$350
ILLINOIS	Chicago	Speed Queen Hashberry	\$400 \$420
INDIANA	Indianapolis	Master Kush Sour Diesel Trainwreck Blueberry Kush	\$375 \$300 \$300 \$350
KENTUCKY	Louisville	Blue Dream	\$400
LOUISIANA	New Orleans	Chiesel Sour Kush	\$500 \$560
MAINE	Portland	White Berry	\$400
MASSACHUSETTS	Boston	Headband	\$425
MICHIGAN	Traverse City	Sour OG Kush Sour Diesel	\$450 \$450
MONTANA	Helena	Headband Blueberry	\$250 \$250
NEBRASKA	Lincoln	Purple Kush Candy Kush	\$350 \$300
NEW JERSEY	Lakewood	Granddaddy Purple	\$440
NEW YORK	Queens	Kush	\$410
OHIO	Columbus Mansfield Youngstown	Super Silver Haze White Russian Bubble Gum Purple Kush	\$480 \$400 \$440 \$420
OREGON	Eagle Creek	Snow Dog Chemo	\$240 \$320
VERMONT	Burlington	Diesel Silver Haze Headband	\$400 \$400 \$350
VIRGINIA	Harrisonburg	Sour Diesel Headband Outdoor	\$400 \$400 \$350
WEST VIRGINIA	Huntington	Sweet Tooth	\$400
INTERNATIONAL (prices in US or Canadian dollars):			
CANADA	Ottawa	Jack Herer Purple Kush Blueberry	C\$150 C\$165 C\$150
RUSSIA	Moscow	Mids	\$475

Chiesel - \$500

New Orleans, LOUISIANA

"Super-frosty, irregular-shaped buds that look like flames. It has that smooth, distinct Cheese flavor and smells like aged cheddar with a hint of diesel fuel. The high comes on smooth and is very happy and upbeat, with no ceiling."

Mandala #1 - \$420

El Dorado, ARKANSAS

"We've had some dry times, mostly due to the fact that we are located nowhere near a major city. But patience has paid off ... lately we've had some great medical!"

Candy Kush - \$300

Lincoln, NEBRASKA

"This is incredible weed! Beautiful, fat, dense buds with orange hairs covered in crystals! This is some potent ganja, great for pain and insomnia—and it also has a wonderful taste. Some of the best I've ever smoked in 40 years of tokin'. Great medicine!"

Jack Herer - C\$150

Ottawa, CANADA

"This is a top-quality strain that has been readily available over the past few months."



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TID: LATEST ON CBD

Cannabidiol (CBD), a non-psychoactive component of the cannabis plant, has generated significant interest among scientists and physicians in recent years—but how it exerts its therapeutic impact on a molecular level is still being sorted out.

CBD and FAAH

As opposed to THC, CBD has little binding affinity to either the CB1 or CB2 cannabinoid receptors. Instead, CBD indirectly stimulates endogenous cannabinoid (or endocannabinoid) signaling by suppressing the enzyme fatty acid amide hydroxylase (FAAH)—the enzyme that breaks down anandamide.

Whereas the cannabinoid molecules found in cannabis are considered “exogenous ligands” to the CB receptor family, anandamide is an “endogenous” cannabinoid ligand—meaning it is found naturally inside the body. Anandamide favors the CB1 receptor, which—in mammals—is concentrated in the brain and central nervous system. Because FAAH is responsible for breaking down anandamide, less FAAH means more anandamide remains present in the body for a longer duration. More anandamide means greater CB1 activation.

By inhibiting the enzyme that metabolizes and destroys anandamide, CBD enhances the body's innate protective endocannabinoid response. At the same time, CBD powerfully opposes the action of THC at the CB1 receptor, thereby muting the psychoactive effects of THC. CBD also stimulates the release of 2-AG, another endocannabinoid that activates both CB1 and CB2 receptors. (CB2 receptors are predominant in the peripheral nervous system and the immune system.)

The Vanilloid Receptor

Whereas CBD does not bind to either of the two known cannabinoid receptors with particular affinity, it has been shown to interact directly with other, so-called “G-protein-coupled” receptors to confer its medicinal effect. At very least, CBD binds to the TRPV-1 receptor, which is known to mediate pain perception, inflammation and body temperature.



Who would have thought the tried and true ATF could boast over 9 percent CBD?

Medicinal Strain of the Month: Alaskan Thunderfuck

To the dismay of some, Alaskan Thunderfuck won the first-place CBD Award at our recent (June 2011) Medical Cannabis Cup in San Francisco. The strain itself wasn't nearly as problematic as its name, which some people think is inappropriate for medicine. Be that as it may, the Alaskan Thunderfuck—or ATF, as it's also called—has been around for decades, hailing from the northern regions of the Pacific Coast, from Alaska down through Vancouver and into Oregon and NorCal. It's certainly an aficionado's brand, and these days it can be a patient's best friend, too.

Still, the ATF is a strain that is not usually known to possess high levels of the miracle cannabinoid known as CBD (cannabidiol). But lab tests showed that the ATF entered in the Medical Cannabis Cup had the highest CBD level of any strain in the competition—9.23%, to be exact.

So does this mean that Alaskan Thunderfuck should be added to every dispensary's menu? Not necessarily. You see, more often than not, high levels of CBD are expressed either through extensive breeding programs—which we know is likely not the case here, since the ATF has never been known as a CBD-rich strain and, if it were crossed into a hybrid, it would likely have been renamed—or through a plant mutation grown from seed.

TRPV is the technical abbreviation for “transient receptor potential cation channel subfamily V.” Scientists also refer to it as the “vanilloid receptor,” named after the flavorful vanilla bean. Capsaicin—the pungent compound found in hot chili peppers—is a well-known activator of the TRPV-1 receptor. Vanilla contains eugenol,

an essential oil that has antiseptic and analgesic properties and also helps to unclog blood vessels. Historically, the vanilla bean has been used as a folk cure for headaches.

CBD is a TRPV-1 “agonist” or stimulant. This is likely one of the reasons why CBD-rich cannabis may be a particularly effective treatment for neuropathic pain.

The Adenosine Receptor

CBD may exert its anti-anxiety effect by activating adenosine receptors. Adenosine receptors play a significant role in cardiovascular function, regulating myocardial oxygen consumption and coronary blood flow. The adenosine (A2A) receptor has broad anti-inflammatory effects throughout the body.

Adenosine receptors also play a significant role in the brain. They down-regulate the release of other neurotransmitters such as dopamine and glutamate.

The Serotonin Receptor

Jose Alexandre Crippa and his colleagues at the University of São Paulo in Brazil and the King's College in London have conducted pioneering research into CBD and the neural correlates of anxiety.

At high concentrations, CBD directly activates the 5-HT1A (hydroxytryptamine) serotonin receptor, thereby conferring an anti-depressant effect. This receptor is implicated in a range of biological and neurological processes, including but not necessarily limited to anxiety, addiction, appetite, sleep, pain perception, nausea and vomiting.

5-HT1A is a member of the family of 5-HT receptors, which are activated by the neurotransmitter serotonin. Found in both the central and peripheral nervous systems, 5-HT receptors trigger various intracellular cascades of chemical messages to produce either an excitatory or inhibitory response, depending on the chemical context of the message.

CBD triggers an inhibitory response that slows down 5-HT1A signaling. In comparison, LSD, mescaline, magic mushrooms and several other hallucinogenic drugs activate a different type of 5-HT receptor that produces an excitatory response. ✨

**Editor's Note: This research was compiled by Martin A. Lee and outlines some of what medical researchers have learned about how cannabidiol (CBD) functions and interacts within the human body. For more information on CBD and medicinal marijuana, visit Project CBD at ProjectCBD.org.*

Got medical questions? Pass 'em over to Nico at nico@hightimes.com.

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GO NUCLEAR ON MITES

For some growers, eradicating a spider-mite infestation isn't enough—they want to watch those suckers' heads explode. And that's a spectacle that Laughing Green Tomato's **Atomic Green** promises to deliver: nothing less than spider-mite carnage. "It's hard to lay eggs when you're dead" is the motto printed right on the label of this highly concentrated elixir. Using the power of citric acid coupled with a blend of essential extracts from olives, coconuts, red peppers and (our favorite) hemp, Atomic Green gives those pesky pests a beat-down they won't soon forget—without the use of harmful chemicals. Plus it's organic and lightly acidic, which makes it a good pH down for slight adjustments to soil acidity—and its all-natural composition means that it won't kill anything but the bad guys.

Price: Visit website to find a retailer

Contact: Laughing Green Tomato, laughinggreentomato.com

MASSIVE BLOOMS

Flowering additives aren't all formulated alike, and the one you choose to use could be the difference between a heavy harvest and a disappointing yield. Field research indicates that **Massive Bloom Formulation** from My Green Planet provides a formidable amount of phosphorous and potassium—elements essential to the bud-formation process. Along with the P and the K, this solution contains amino acids, vitamins and enzyme activators as well as a unique carbohydrate blend. It's basically a super-charged combo of hormones, stimulants, steroids and nutrients designed to increase both flower size and essential-oil production for more dry weight of super-sticky colas. Use Massive Bloom Formulation from week three of flowering until it's time to flush.

Price: 1 liter, \$22.99; 4 liters, \$79.99; 10 liters, \$139.99; 24 liters, \$279.99 (shipping not included)

Contact: My Green Planet, 866-913-4769, mygreenplanet.com



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Roots that dangle in a highly oxygenated nutrient solution grow extremely quickly, allowing tremendous growth in the plant above. The **Super BubbleFlow Buckets** from Supercloset combine deep-water culture (DWC), aeroponics, and ebb-and-flow technologies into one fail-safe pot-production system. Bathing roots thrive in these buckets throughout every stage of the plant's life, from seedling to vegetative growth to flowering. A central reservoir connects the buckets and circulates the nutrient solution among them, making the system easy to use: Now you won't have to test and adjust each bucket for pH or nutrient ppm—simply check the reservoir or one individual bucket and you'll know what's flowing throughout the entire system. You can also add onto the six-bucket kit for 12 or even 24 buckets of explosive growth.

Price: \$395

Contact: Supercloset, 877-476-9787, supercloset.com

PIG OUT

Originally designed for use on board a yacht, the **PIG** (for "Personal Indoor Garden") utilizes the sturdy and efficient technology used in boat-making to resolve common growbox problems. The result is a simple-to-use, rugged and stealthy hydroponic system that can be discreetly shipped right to your home—all for under \$1,000. The PIG's highly durable and lightweight marine-grade polymer shell and stainless-steel fixtures stand up to years of continual use, and the hatches (modeled after a deck hatch) provide access to the irrigation, lighting, timing and ventilation controls while cleverly sealing moisture out and incriminating aromas in. Additionally, a unique airflow system circulates the air inside and directs it through a filtered exhaust. Four 125-watt fluorescent bulbs adjust easily and can be angled to light from the sides so your plants can reach maximum height. With up to four spaces to grow bud, the PIG will be at home in your house or houseboat alike.

Price: \$975

Contact: Personal Indoor Garden, personalindoorgarden.com



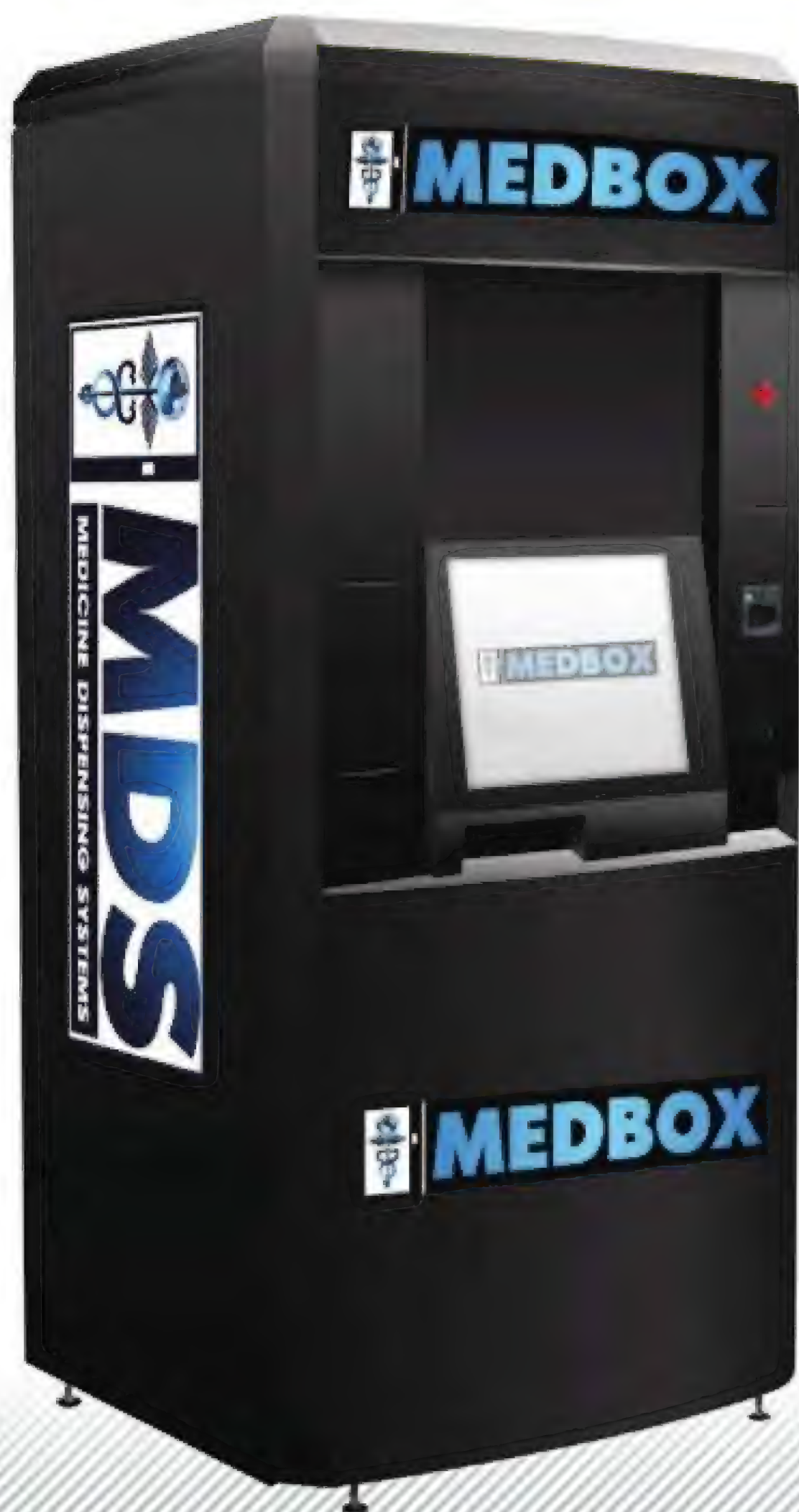
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BOOMER SCH

Humankind has deified the psilocybin mushroom since ancient times. Nothing short of a miracle of nature, mushrooms have had a profound effect on the human experience. But ponder this: Did we evolve to take advantage of shrooms, or did shrooms evolve to take advantage of us?

A question for the ages, but there's no need to answer it right now—this ain't about that. Instead, here's a guide to safe shrooming.

BY MICHAEL O'JESS

GIFTS OF THE OUTDOORS

There are many reasons you may want to invest in an indoor-cultivation project rather than harvest wild mushrooms. Maybe you don't live near the proper kind of field. Maybe you're afraid of trespassing on Farmer Brown's property or you have a fear of cows. But if you live in rural areas—especially the South—and have an adventurous disposition, there's an endless bounty of free psychedelics sitting in piles of manure just waiting for a major-league tripper like you to come along.

WHERE DO THEY GROW?

Mushrooms grow anywhere that it's warm, humid and full of cows, so the further south you travel, the more abundant shroom fields will be. The best places in the US to find wild mushrooms are the cow fields in states that border the Gulf of Mexico. Florida, Georgia, Alabama, Louisiana, Mississippi and Texas make up the prime shroom belt of America. Florida may be the best place in the world to hunt for psychedelic mushrooms.

Look for cow pies, but not fresh steamers. It takes several weeks for mycelium to create a fruit body. The best place to find shrooms in a cow field are in the older piles of manure, away from direct sunlight. The best patties look more like piles of dirt, sometimes with blades of grass beginning to poke through.

When you find a mushroom, cut it at the base and leave about an inch or so still in the dirt. If you rip a mushroom right out of the ground, you damage the mycelium that the mushroom springs from. Cutting the mushrooms from the ground preserves the mycelium colony and will keep the field trending toward more production.



COOL

WHEN IS MUSHROOM SEASON?

Mushroom season varies from state to state. In Florida, you can find mushrooms virtually 12 months out of the year. Elsewhere, shroom season starts in late May and continues through early October. Rain, humidity and temperature will tell you when the time for hitting a field has come. A few consecutive days of 80-degree temps and 80 percent humidity and it's time to get some free-range cow apples.

A trip to a good cow field a few days after a late June rain should yield pounds and pounds of fresh mushrooms. Pay attention to the weather and the cycles of the moon: When conditions are right, get

your team together, synchronize your watches and hit the fields. One trip per summer should keep you and your crew deep in shrooms until the following season.

SHROOM IDENTIFICATION

Although there are many psychedelic mushroom species that grow in North America, *Psilocybe cubensis* is one of the easiest to identify. For that reason, we strongly recommend sticking to *cubensis* and never eating any mushroom that you can't positively identify 100 percent. *Cubensis* vary from small buttons a few centimeters across to others fairly large in size, sometimes measuring eight to 10 inches in diameter at the cap. You may see them with a sealed cap when they're young, or with an open veil in more mature mushrooms.

There is one surefire way to tell if you have a *Psilocybe cubensis* or not: give the mushroom a firm squeeze at the stem. It should quickly bruise an unmistakable bright blue color. You'll know it when you see it. If it doesn't bruise blue, throw it away.

DANGERS OF THE COW PASTURE

A trip to the shroom field is not a job for your loud, goofy friends; this is a mission for ninjas or SEALs. Have a plan, go in quietly, work fast and leave no man behind. Farmers hate strangers roaming around in their fields late at night, and cows can be unpredictable if you surprise them. Furthermore, Johnny Law would love to lock you and your burner friends up for harvesting wild magic mushrooms. The shroom field can be a dangerous place, and it must be treated with respect.

Bring a flashlight, but resist the urge to use it unless you really need to. Flashlight beams can be seen for miles across an open field at night. A better idea is to choose a night with a bright moon and allow your eyes to adjust to the low light. It's pretty easy to spot mushrooms in a field at night with the full moon shining.

Split up and quickly walk up and down the field in rows. Scan the ground in front of you as you walk. Two people can quickly cover a small to medium field scanning the ground in an organized pattern. Once you've gone to a particular field a time or two, you'll know the spots to head to directly.

THE INDOOR SCENE

There was a time when indoor mushroom production required laboratory know-how and a whole bunch of expensive equipment. But the mushroom-growing kits currently on the market can make this once-complicated project easy enough for anyone who wants to harvest fresh mushrooms at home. Shroom kits cut out the need for sterile chambers, pressure cookers, autoclaves and Petri dishes. You can now produce all the mushrooms that the average head needs using just a small bag tucked away on top of your refrigerator.

A refrigerator-top garden of fruiting *psilocybe cubensis*.

NICO ESCONDIDO

5 STEPS

TO INDOOR SHROOM SUCCESS

PREPARATION

Do some research before you get started. Make sure you have all the materials you need, then make sure your production area is ready. Actually, there isn't much you'll need for this project, but every component is critical. The shroom kit will include most of what's required, but it's a good idea to have sterile rubber gloves, paper towels and an aerosol disinfectant on hand.

PRACTICE CLEANLINESS

In the wild, mushrooms grow in poop, so you might think that hygienic working conditions indoors aren't a big concern—but they are. The indoor cultivation of mushrooms is done in extremely fertile conditions, meaning that spores of all sorts can grow in them. All of your hard work can be ruined by just a few bread-mold spores invading your fertile culture. Take a few minutes before you begin working with a mushroom kit to wash your hands, sterilize your working area and clean all your tools. Try to set up the kit and work in a place that has low levels of dust and no drafts.

INOCULATION

The first step in mushroom cultivation is to inoculate your medium—usually rye berries—with mushroom spores. Once inoculation occurs, the temperature should be kept at a steady 80°F (usually the top of a running refrigerator stays very close to 80°F and lets them do their thing). In about 10 to 20 days, you will see mycelium—a white fuzzy mass—gathering into stringy white strands (known as rhizomorphic mycelium). If the fuzzy mass is a shade of white—not black, green or red—then you're on the right track.

COLONIZATION AND FRUITING

After the grain is fully run through with mycelium, it's time to colonize your substrate (sterilized poo) with your mycelium mass. Wash your hands, clean your workspace, and do everything you can to stop drafts and reduce dust in the air. Evenly mix the grain in the substrate, seal up the bag and put it back on top of your fridge. The mycelium will continue to develop in the new substrate. In four to five weeks, you will see the first pinheads develop; these pinheads are lumps of mycelium that will become a mushroom. Keep the humidity high and the temps at a steady 80°F. A bit of light during the day will help the pinheads form in denser clusters. But don't give them direct light, or so much light that moisture is pulled from the mycelium mass.

DRYING AND STORAGE

A properly run mushroom kit will produce enough mushrooms to last a moderate psychonaut months or more. Dry your fresh mushrooms and store them in Mason jars or vacuum-sealed bags. When you pick your mushrooms, handle them with care. Try not to break or bruise the flesh—that way, you'll keep the chemical composition of the shrooms intact during long-term storage. ✨



A young mushroom pops up alongside an open-veiled shroom.



Bag-style mushroom kits are easy to use, and high yielding.



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SHROOM KITS and INFO

Visit homesteadbook.com for the EZ Grow Mushroom Kit (\$115). It has everything you'll need, including *Psilocybe cubensis* spores, compost, a growing chamber and complete illustrated instructions. Visit thehawkseye.com for Hawks Eye Sacred Mushroom Spores (various strains available). Visit myco-tek.org for blogs, forums, FAQs and product reviews. You'll find complete info here on starting your mushroom-cultivation hobby.



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HARVEST MOON

I have a plant about two feet tall. It started flowering early for some reason, but it's budding beautifully at this point. This is strictly outside and my first time ever trying to grow anything. My question is: When will I know the right time to harvest? Right now there are about 25 to 30 percent red hairs. Is it too soon?

Zach's Dad

Dear ZD,

The amount of red hairs is not an accurate way to judge the proper time to harvest your plants. The best thing you can do is to get a magnification device such as a loupe or microscope that will give you a closer look at the actual trichomes on your buds.

Typically referred to as "crystals," trichomes are actually glands filled with essential oils made up of cannabinoids such as THC, CBD and CBN as well as flavonoids and terpenes. They look a bit like clear little mushrooms with a stalk and bulbous head. It's these gland heads that are separated and pressed together to make hashish.

As harvest time approaches, the gland heads will turn from clear to cloudy white and then eventually to amber as they begin to go beyond ripeness. If you harvest when most of the gland heads are clear, you'll get a more uplifting high. If

you wait until most are amber, the effects will be more lethargic. It really comes down to personal preference, but most people prefer to harvest when the gland heads are cloudy white, since that's when THC levels are at their highest with no degradation.

GRID INTERRUPTED

I love the magazine and have for years, and your column is one of my favorite reads. I live in an area that's subject to occasional power interruptions and need advice. I recently experienced an outage that occurred just before the beginning of my 12/12 cycle. The power wasn't restored until one and a half hours after the cycle was scheduled to start. My question is this: Should I reprogram my timers so that my plants receive 12 hours of light that same day? Or should I leave my setting alone, allowing the photoperiod for that day to be only 10.5 hours? My plants are 23 days into a 55-day flowering period. Thanks in advance, and keep up the good work!

Rick'Six

Dear Rick,

Thanks for the kind words! As for your power outage, you shouldn't see any adverse effects from such a brief interruption in the electrical supply. Also, it sounds like yours occurred during

the "daytime" when your lights are on. It's much worse to interrupt the dark cycle with light than to lose a few hours of light for a day or two. Disruptions during the dark period confuse plants much more and can potentially lead them to turn hermaphroditic or revert back to their vegetative stage. Both are a nightmare. Go back to the regular 12-hours-on/12-hours-off cycle as soon as you can and your plants should be fine. There's no reason to make the daily adjustment you asked about.

HEIRLOOM STRAINS

I recently received 25 very old seeds of genuine 1980s-vintage Skunk #1 from a reliable source. It took a week for the first sprouts, and after 10 days I had 12 seedlings. Now it's been four weeks. Is there any hope of the other 13 seeds sprouting? They've been kept moist and warm. How much longer should I wait before giving up?

Tony H.

Dear Tony,

Congratulations on acquiring some very hard-to-find seeds! Some refer to that '80s version of Skunk as the legendary "Road Kill Skunk" or RKS, a rare strain that many growers and smokers thought had been lost forever. If it's really that Skunk, then you are truly a lucky man.



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Dear Danko



Southern Lights from Delta-9 Labs results from an NYC Diesel mother pollinated by a Sensi Star father.

The fact that the seeds are so old is the reason that the germination rate was somewhat low. If nothing has happened after a month, it would take a miracle for those other 13 seeds to sprout. On the other hand, you did get 12 healthy seedlings to pop! Focus your energies on keeping them thriving and happy and make sure you don't simply flower them out once—instead, take clones from each plant and flower out the clones. This way, once you've seen the results of the seeds fully grown, you still have copies of each one in the vegetative stage from which you can take more cuttings. In this way, the strain won't be lost again, and you can enjoy it and share your bounty for many years to come.

The flip side is that they might be bunk genetics—in which case, you'll know soon enough after your first harvest, and you can start some different seeds for the future. Here's hoping you got the real deal, and that you're able to keep them alive and well!

BREED TRUE

I have a question about breeding cannabis. Does the term "hybrid vigor" imply that we've bred out this strength from repeated back-crossing and the resulting loss of the second gene copy? I believe it's like "pure-bred" dogs in that, to get a

true-breeding strain, you must cleave off the second copies by breeding back to a parent.

Coinspinner

Dear Coinspinner, Hybrid vigor is the result of crossing two dissimilar strains, such as a *sativa* from Africa and an *indica* from India. Also referred to as an F1 cross, the seeds from this pairing will perform with more gusto than either of their parents. The F2 and further crosses will not result in hybrid vigor—only the first generation will benefit from the vitality and strength of growth produced. The best seed breeders sell F1 crosses with hybrid vigor, as these make the best mother plants for future clone gardens. Growers wishing to take advantage of hybrid vigor on their own would benefit from reading up on breeding theory, terms and techniques. The best place to begin is with Robert Connell Clarke's book, *Marijuana Botany: Propagation and Breeding of Distinctive Cannabis*.

The second breeding technique you're referring to is called back-crossing, wherein a particular strain is "crossed back" to its parent or even grandparents. This is done in order to stabilize the genetics, as long as you're growing out large populations and choosing wisely for desirable traits. Each subsequent generation should be

more and more consistent in producing plants with the qualities you most desire, whether it's potency, flavor, odor, yield or bud structure.

POT STRESS & POTENCY

I read your grow articles religiously, but there's one topic I have yet to see and that's anything regarding potency and the tricks used to get that last bit of THC from plants before harvest. I've heard of using UV-B lights to stress plants into producing more trichomes. I've also heard of jabbing your plants with needles to stress them out (supposedly the plants react by going into defensive mode and produce more trichomes or THC in an attempt to catch pollen before it's too late). I've heard of leaving your plants in total darkness for 24 to 48-plus hours before harvest. I've read about scraping the skin off several main branches to lock in nutrients, thereby increasing yield and potency. I've heard of light stress and a ton of other ways to stress out your plants in the last few weeks before harvest to get those THC levels up and the trichome production on a much higher level.

So are these all myths, or does stress actually increase potency some? The stress factor makes sense to me, but I have yet to build up the courage to actually try it. I'm on my last two weeks of flowering right now on a batch of Skunk #1. For the last two weeks, I've dropped the light cycle to eight hours on and 16 hours off. I've heard and read that this will trick the plants into thinking that winter is right around the corner and that they need to hurry up and finish before it's too late—meaning the plants kick into overdrive and start pumping out everything they can before winter sets in and kills them.

What are your thoughts on stress in the last few weeks of flowering and modifying the light cycle towards the end? Does it increase potency? And if so, do you sacrifice any on yield?

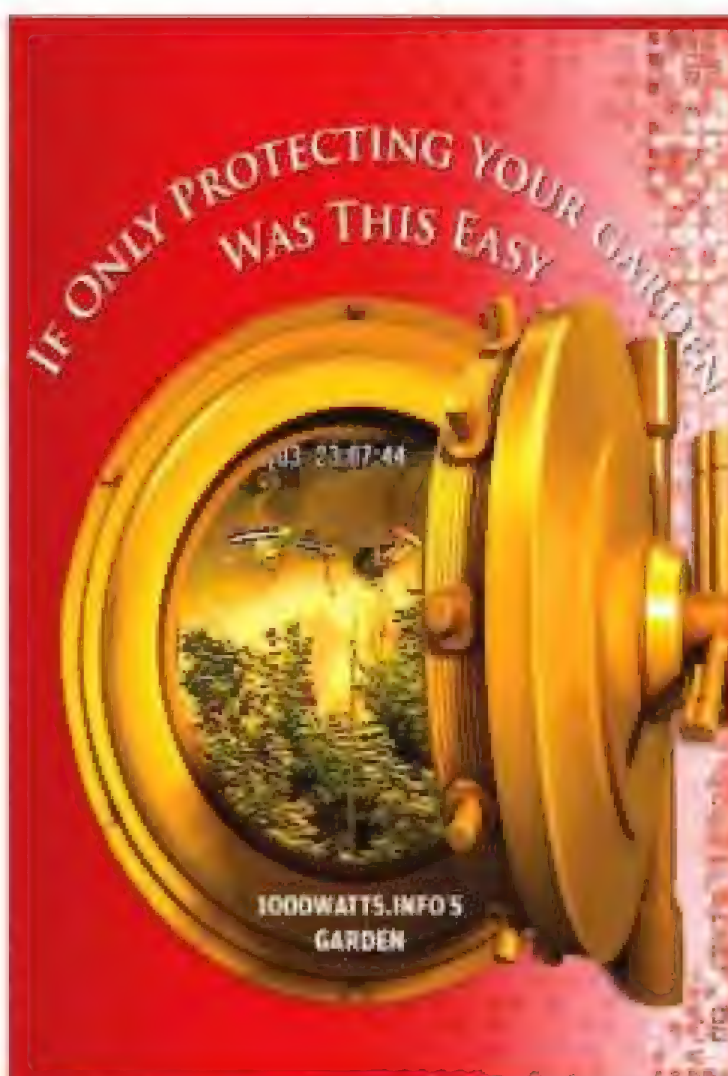
Tim P.

Dear Tim,

While there are those who believe that stressing out a cannabis plant will force it to produce more, I tend to disagree. I've heard a bunch of these "theories" but have yet to see any real proof for any of them. Furthermore, stress can make the plant freak out and turn into a hermaphrodite, which can turn your beautiful seedless pot into a big mass of swelling seedpods. Granted, this won't happen in the last week of flowering, but ultimately I believe that plants and animals take on the characteristics of their treatment: A happy plant will produce cannabis that's happy, and a stressed plant will produce cannabis that's stressed. Even the grower's attitude and personality can come through in the end product.

Stick to the tried-and-true formulas for keeping plants happy at all times, and the finished buds will benefit from your studiousness. If you're interested in experimenting, try running some different strains. The challenges of growing out a pure *sativa* are well worth the trouble come harvest time. You can also try out a variety of mediums and nutrients to find the ones that work best for you.

Also, you'll definitely sacrifice on yield if you only give your plants eight hours of light per day. Stick to a 12/12-hour on/off cycle through the end of the flowering period. Two or three days of darkness at the end won't hurt your harvest, but it isn't necessary.



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Dear Danko



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WINDOW WEED

Is growing on a windowsill okay? It's been four months and I see no buds. I have only five leaves and I water them every day. What kind of food should I give them? Is something wrong?

Born Allah

Dear Born,

Cannabis can be grown on a windowsill, provided it's a southern-facing window with unobstructed full sunshine all day long (or close to it). The sunshine passing through a window reduces some of the light your plant will receive, but the important thing is that there's enough sunlight to sustain vigorous growth. That said, most windowsills do not get enough sun to grow pot plants to fruition.

It sounds to me like your plant is drastically in need of more light and suffering from over-watering as well. After four months, you should have huge bushes with hundreds of leaves and many branches. Your plant needs to be put outside, or else you should consider supplementing the light inside with grow lights in order to save it and see more and better growth.

If you do grow on a windowsill in the future, be sure to start the plant in spring or summer. This way, you'll have some vegetative time before the plant begins to flower around August and September, and you'll be taking advantage of the natural light cycle outdoors—all within the comfort of your home.

CLONES WON'T ROOT

My clones only have about a 30 percent survival rate. I use Dip 'N Grow rooting hormone and have tried putting them in several different kinds of mediums—rockwool cubes, cotton cubes, Roto Rooter—and I still get the same lousy survival rate. What advice do you have for more successful rooting? I'm at my wit's end.

NORML Show Live listener

Dear NSL,

The two most important factors for cloning are high humidity and heat at the plant level. Since they don't have roots at the beginning of the cloning process, your cuttings can only take in water through their cut ends and transpire through their leaves, so they must always be kept moist. A clear plastic lid will create enough humidity inside a cloning tray to raise your rate of rooted clones. Cutting a couple of quarter-sized holes in the clear lid will keep enough air flowing to prevent mold and rot in the root zone.

Even room temperature is too cold for proper rooting. Avoid allowing your clones to sit in chilly mediums or in a cold nutrient solution. A cheap electrical heating mat specifically used for cloning and placed beneath your tray will greatly increase your success rate with rooting. Warmth encourages the cut ends to send out roots, and pretty soon, under the right conditions, you'll have a high percentage of surviving young rooted clones ready to get bigger and blossom.

REFLECT YOURSELF

I have access to some large mirrors. I was wondering if they'd work as coverings for two of the walls in my growroom. I think I may have heard that they might cause some hot spots? I was planning on using Mylar everywhere else—should I just use the Mylar everywhere? Thanks!

Greg

Dear Greg,

Mirrors are not a good idea in the growroom due to the hot spots you mentioned. Even Mylar can sometimes be more trouble than it's worth compared to simple flat white paint on all surfaces. Insects love to hide behind anything you attach to the walls of your space, so keeping the whole area clean should take priority over a few extra lumens of reflectivity. If you're using any sort of reflective covering, be sure to secure it as flatly as possible and check behind it if you have any issues with pests.

WALKING ON EGGSHELLS

I've been using powdered eggshells on my plant. Will that harm it once it starts budding?

Angelo

Dear Angelo,

Crushed eggshells provide calcium to growing plants and can be applied throughout both growth cycles (vegetative and flowering). Dry out your eggshells and pulverize them using a blender or coffee grinder. Mix them into your soil or put them directly into your compost pile to break down over time. Another great trick is to use hand-crushed eggshells around the stems of young plants in order to create a "moat" of sharp-edged particles that soft-bellied insects and slugs are reluctant to cross. As the shells break down, they release their calcium to the root zone while protecting your foliage from pest damage.

TRIPLE TROUBLE

I was wondering if it was normal for a plant to sprout three leaves instead of the usual two? This is the first time it's ever happened, and I don't know whether to keep it or toss it onto the compost heap. Any advice?

Vash

Dear Vash,

Your plant is a trifoliate, meaning it suffers from a deformity or mutation in which three cotyledons emerge from the first node instead of the usual two. This condition usually only affects plants in the earliest stages of life, and they tend to discontinue the weird behavior as they mature (i.e., after the fifth set of nodes or so). Keep in mind, however, that trifoliate plants or those with whorled phyllotaxy tend to exhibit more hermaphroditic behavior and are also much more likely to turn out to be males when flowered. Best to get rid of it; the benefits don't outweigh the hassles. ✱

Please send your cannabis-related questions to edit.grow@hightimes.com or to Trans-High Corp., Attn: Danny, 419 Park Avenue South, 16th floor, New York, NY 10016.

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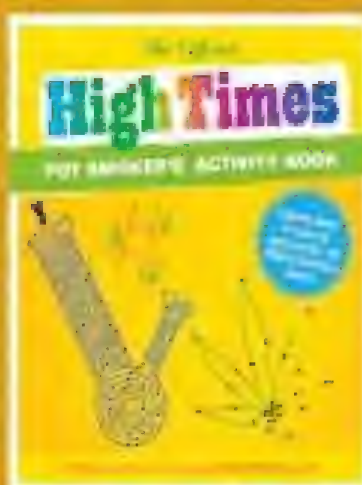
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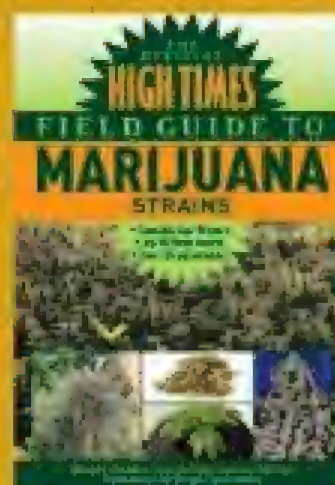
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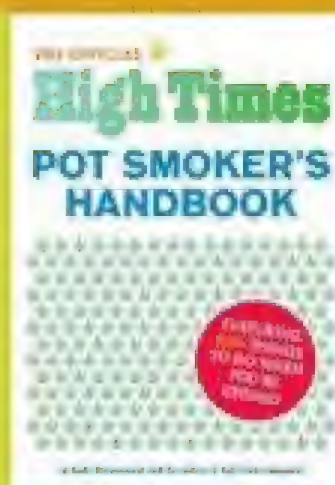
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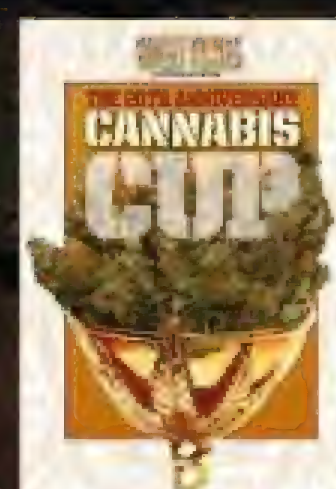
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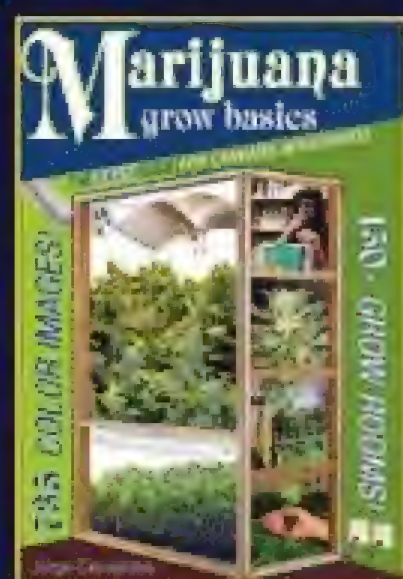
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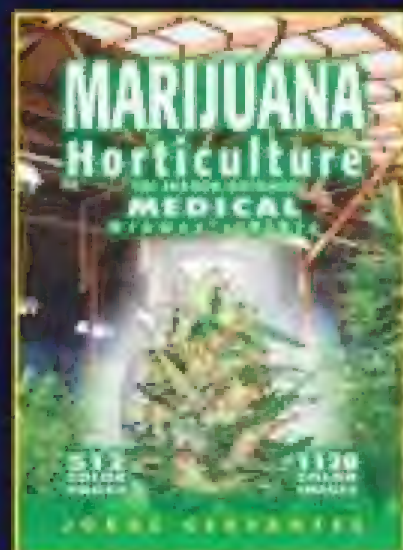


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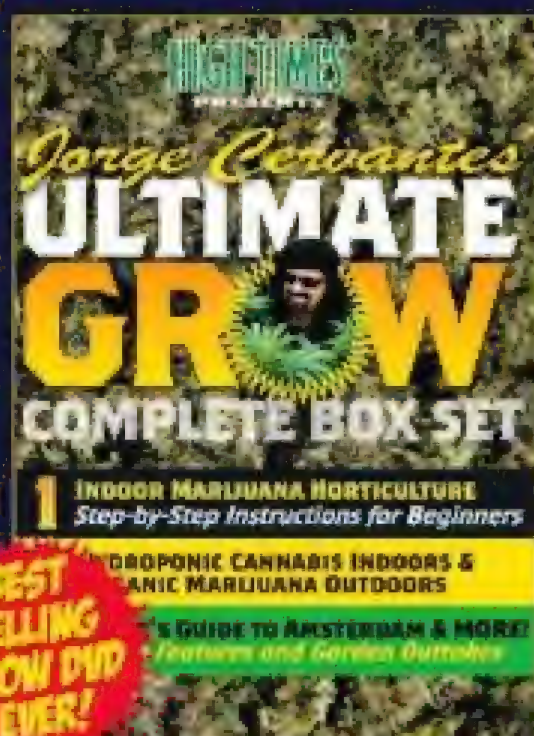
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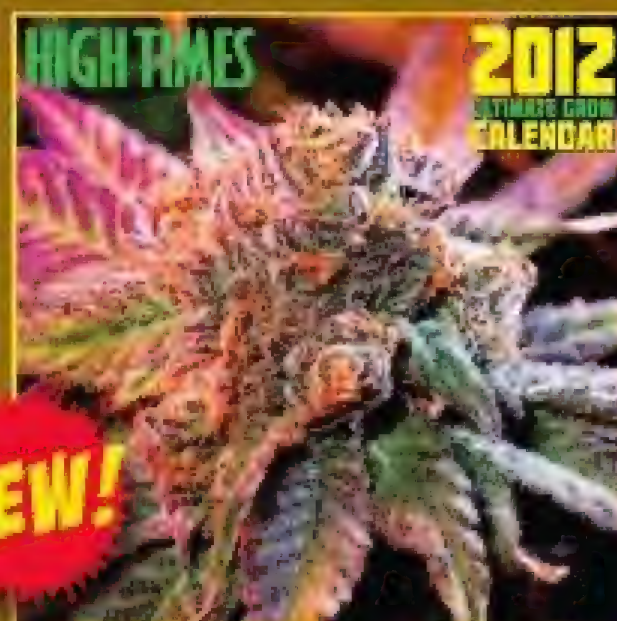
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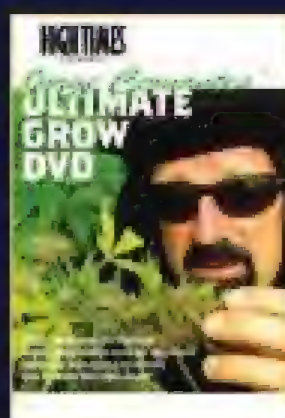
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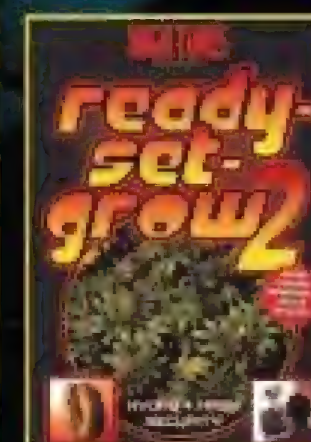
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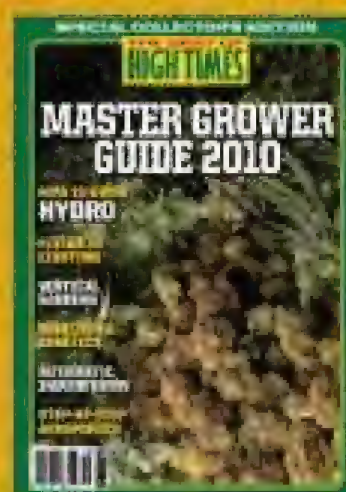
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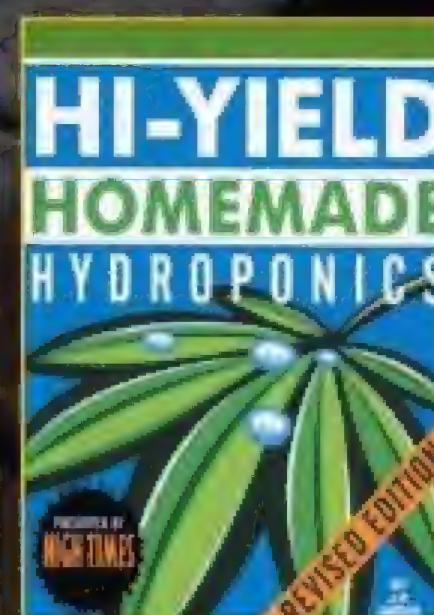
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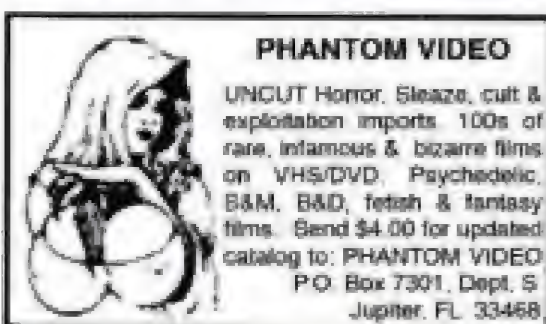
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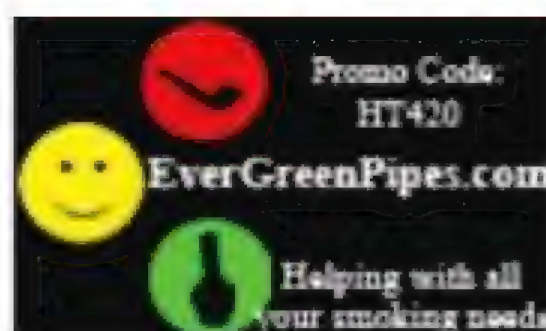
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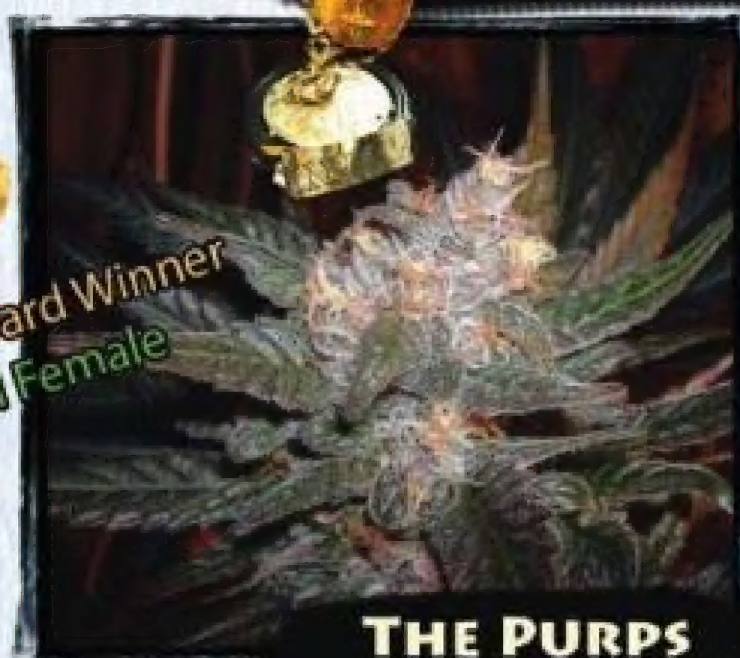
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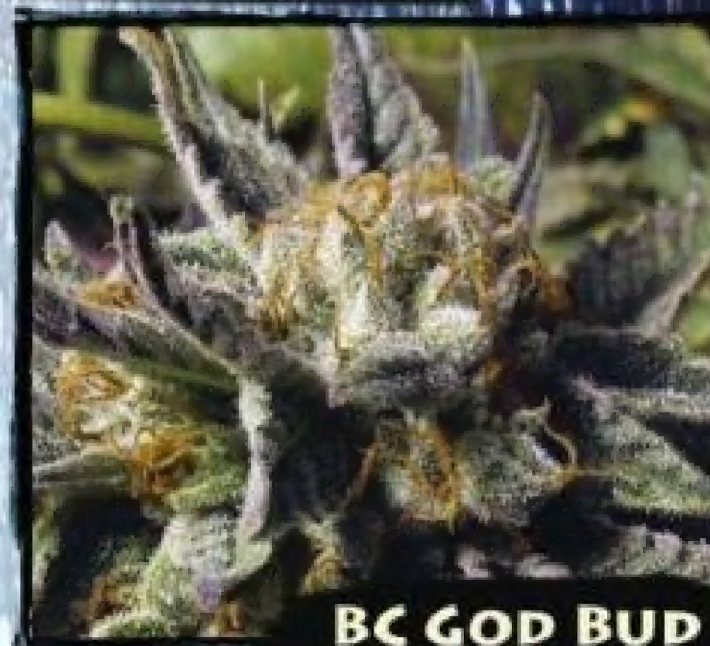
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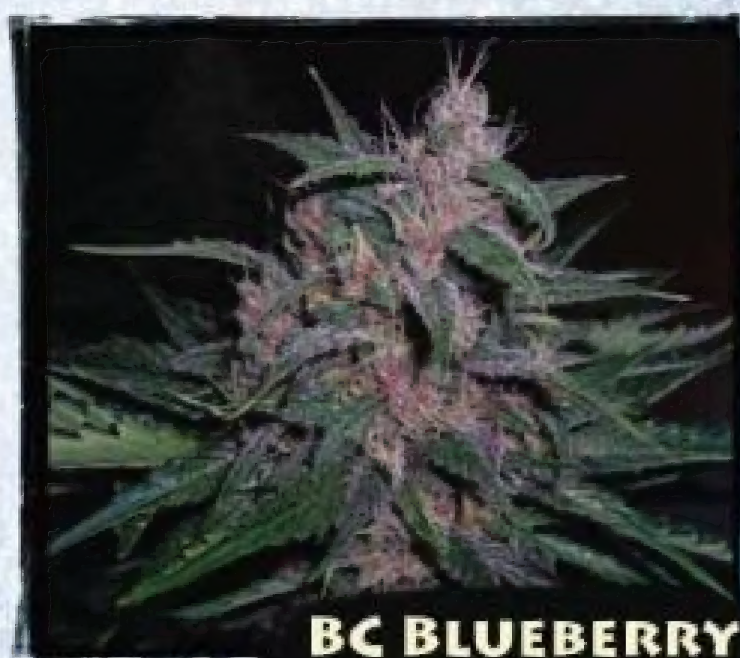
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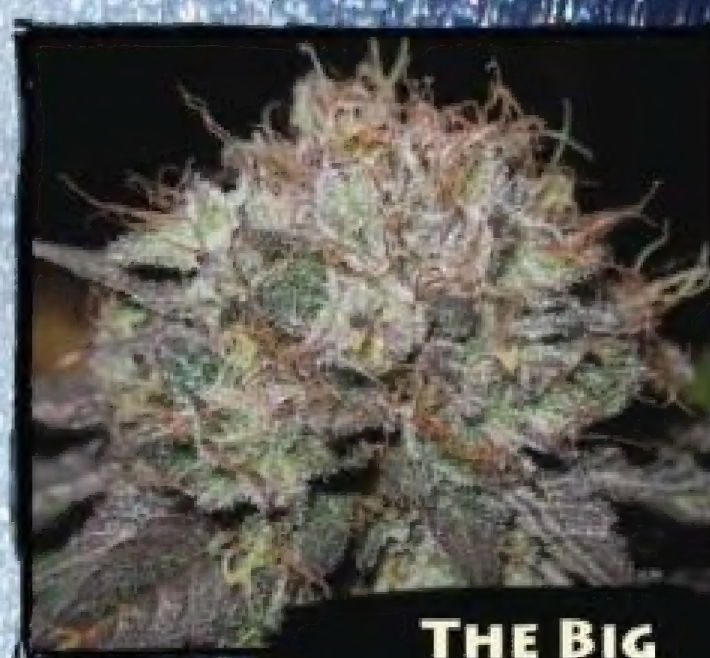
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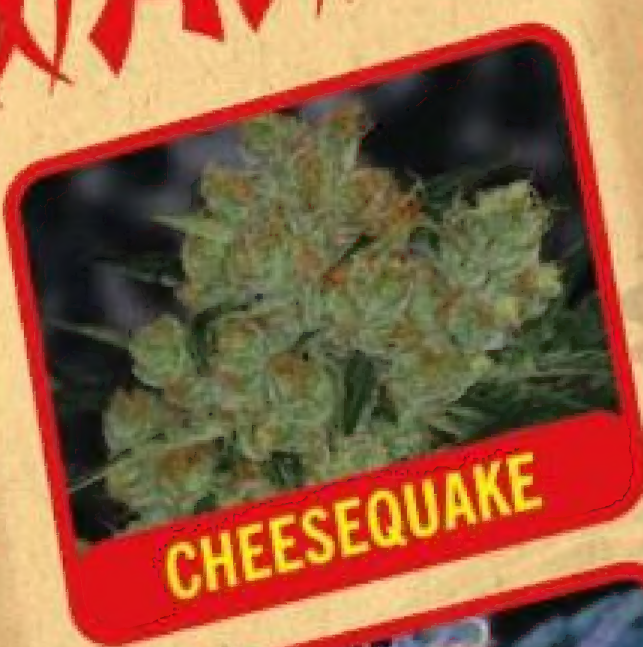
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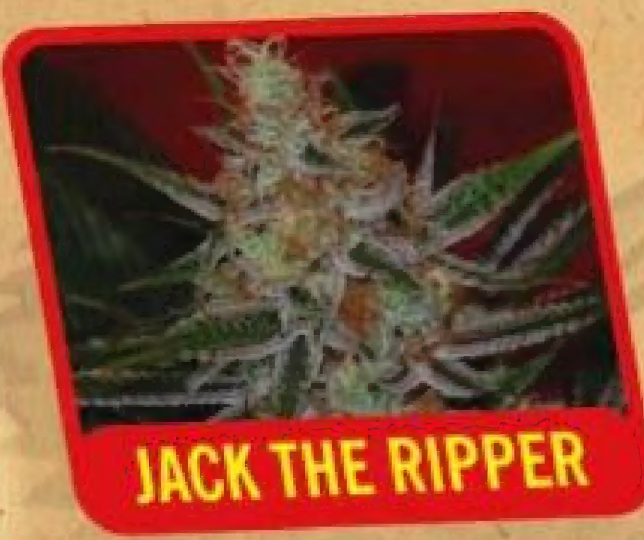
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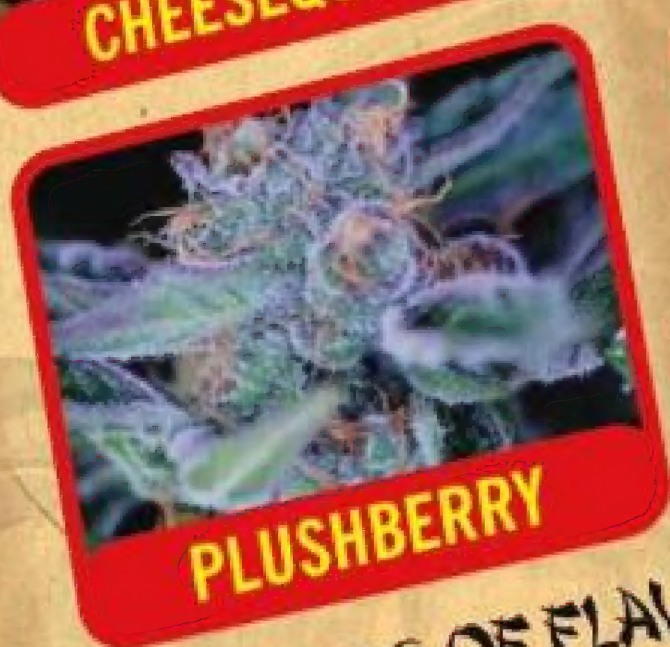
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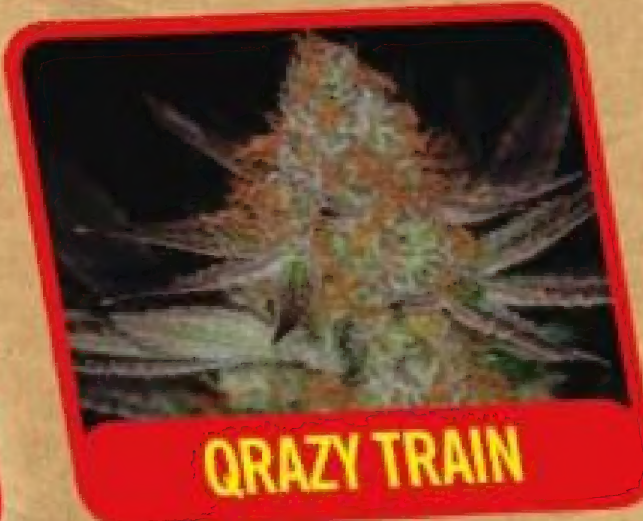
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